

Manual Handling

Overview

This course will enable candidates to handle objects safely, avoiding injury by using proper moving and lifting techniques.

Aims

To provide knowledge and understanding in the following areas:

- Regulations
- The law
- Understanding your back
- Related injuries
- Risk assessment
- Risk reduction planning
- Basic rules and practice

Teaching Methods

- Theoretical training and assessment
- Practical training and assessment

Duration

0.5 Days (4 Hours)

Suitable for

This course is suitable for anyone as everyone moves and lifts objects. This course may be useful for those in the workplace involved in moving and lifting tasks.

Pre-requisites

None

Accreditation Options

- Expedient Certificate – Valid for 3 years
- National Plant Operators Registration Scheme (NPORS) – Valid for 3 or 5 years



Outcomes

Upon successful completion of this course, candidates will receive either an Expedient Certificate or an NPORS card

Other Courses

- Risk Assessment
- IOSH Working Safely

Expedient Training Services is proud of its reputation of being a flexible, customer focused, quality training provider.

Operating from our Training Centre in the North East and delivering throughout the UK, we are happy to talk to you about your training needs, offering a tailored and cost effective solution.

For more information or to book a course
contact us on:-
0191 489 0212
www.expedient-training.co.uk