

course objectives

On completion of the course, delegates will be able to demonstrate an understanding of:

- Legal requirements relating to load management.
- The cost of lost working days due to back injury.
- The spine and contributory factors to back pain and musculo-skeletal problems.
- 24 Hour back care
- Current policy on lifting and handling.
- The principles of safe manual handling and Lifting.
- Manual handling and Risk Assessment.

who is the course for?

All those involved the movement of loads and/or equipment in their workplace

duration / format

3 hour (half day) duration.

instructor / trainee ratio

Min 1:6 **Max** 1:15

awarding body

CTCS
Certificate of Attendance

course content

- Base movement.
- Legislation.
- The spine.
- Causes of back pain.
- Principles of safer manual handling.
- Methods of holding.
- Manual handling and risk assessments.
- Risk Assessment factors.
- Case studies.
- Practical demonstrations.

course requirements / notes

This course contains practical demonstrations. Delegates should dress appropriately for carrying out manual handling tasks.

Training rooms should provide adequate seating and have sufficient clear floor space in which to carry out manual handling tasks.

further information / contact us

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