





Manual Handling



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Manual Handling Operations Regulations were introduced to try and combat Manual Handling problems. It is one of the most common causes of workplace injury. The Regulations lay out duties for both employees and employers and give general requirements that employees must be trained to manually handle correctly to avoid injury.

Test and Certification:

At the end of the course you will be given a test of 20 multiple choice questions. The required pass rate is 85%.

You will be able to download and print (if required) a digital certificate on completion of the course.

Main course certificates last 3 years. (Refresher courses are available and recommended every 12 months).

Who is this training for?

This course is primarily aimed at anyone who may need to lift items as part of their duties, however the information is applicable to any workplace environment.

What does the course cover?

Manual Handling Operations Regulations 1992.

Basic Principles of Moving and Handling Operations.

Understanding the Spine.

Back Injuries.

Training Outcomes:

Understand the reasons why you need to know how to move and handle objects correctly.

Know the key pieces of legislation that relate to manual handling. Understand the responsibilities of employees and employers

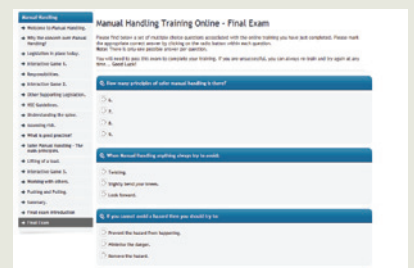
Know the basic theory of how the spine works, common injuries and how to avoid them.



Video Presentations.



Interactive games.



Test and Certification.

“More than a third of all over-three-day injuries reported each year are caused by manual handling - the transporting or supporting of loads by hand or by bodily force. Effective training has an important part to play in reducing the risk of manual handling injury.”

Health and Safety Executive - HSE