

Manual Handling Training Programme

Introduction

This course is aimed at personnel who are required to carry out manual handling activities as part of their regular duties. The course aims to enable personnel to assess their own work activities and contribute towards the development of safer methods and tasks.

Training Programme

In the first instance personnel will be given a short questionnaire to establish existing knowledge of manual handling issues. Thereafter, class-based training will take place, covering the following topics:

- Introductions and expectations
- Manual Handling Regulations and their application in the workplace
- Manual Handling Risk assessment considerations
 - TILEO (Task, Individual, Load, Environment, Other)
- Physiology in relation to manual handling
- Good manual handling techniques

Following this theory session, personnel will be trained in the practical application of manual handling. They will be expected to safely demonstrate a number of typical manual handling tasks.

A final wash-up session will conclude the training. Personnel will have the opportunity to review their initial questionnaire to consolidate learning and provide feedback on the overall effectiveness of the course.



Tutors:	EnerMech Tutors (A1/D32/D33 and occupationally competent)
Location:	EnerMech Training Centre or Client Location
Dates:	Arranged at convenience of Client
Duration:	Part Day