

MANUAL HANDLING TRAINING PROGRAMME ...



INTRODUCTION

AFI-Uplift is proud to be able to provide a number of certified training courses at either one of their training centres or at your own premises, providing the facilities are suitable.

The course is for a duration of half a day.

On successful completion of a practical and basic written assessment, delegates will receive an AFI certificate.

COURSE ENTRY CRITERIA

- Applicants should be at least 18 years old and physically fit.
- It is desirable (but not mandatory) that applicants are literate.
- The programme is designed for all those involved in lifting, lowering, pushing, pulling or carrying tasks.

N.B. If you have any concerns about whether you are eligible to undertake this course, please contact us.

COURSE OBJECTIVES

By the end of the course, the delegate will:

- Be fully aware of the Health & Safety at Work Act 1974.
- Be fully aware of the Manual Handling Regulations 1992.
- Be fully aware of the dangers associated with manual handling.
- Be able to assess loads effectively.
- Be able to apply techniques associated with kinetic lifting.

COURSE OUTLINE

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| • Introduction: overview of course requirements | |
| • Health & Safety at Work Act 1974 | THEORY |
| • Manual Handling Regulations 1992 | THEORY |
| • Risk assessment | THEORY & PRACTICAL |
| • Anatomy: mechanics and weaknesses of the body | THEORY |
| • Types & causes of injury | THEORY |
| • Static load lifting | THEORY & PRACTICAL |
| • Kinetic lifting | THEORY & PRACTICAL |
| • Transportation techniques | THEORY & PRACTICAL |
| • Team lifting | THEORY & PRACTICAL |
| • Course review and close | |



FOR COURSE AVAILABILITY AND BOOKINGS CONTACT AFI TRAINING ...

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