



### DURATION

Half Day

### WHO SHOULD ATTEND

This programme is designed for any person(s) who have to train and/or assess those who are involved in manual handling in the workplace i.e. Employers, Managers, Supervisors or Operatives.

### AIM

To provide delegates with a thorough understanding of how to minimise the risk of injury to themselves and others by increasing awareness of potential manual handling hazards in the workplace and their outcomes.



**AFI is pleased to be able to provide an extensive range of certified training courses in collaboration with Speedy Training.**

**Delegates should provide a passport photograph on the day of training for production of ID Cards.**

**For training held at your own location please ensure you make available a classroom suitable for the number of delegates attending, with a 240v power supply.**

### COURSE CONTENT

- ◆ Health and Safety at Work Act 1974
- ◆ Manual Handling Regulations
- ◆ Management of Health and Safety at Work Regulations
- ◆ Accident Statistics
- ◆ The Function of the Spine and Muscular System
- ◆ Typical Injuries
- ◆ Hazard Identification and Assessment of:
  - ➔ The Task
  - ➔ The Load
  - ➔ The Working Environment
  - ➔ Individual Capabilities
- ◆ Correct Handling Techniques
- ◆ Practical Exercises and Tuition

### KNOWLEDGE

By the end of the course, delegates will be able to:

- ◆ Summarise the legislation and manual handling regulations that relate to lifting in the workplace
- ◆ Appreciate the financial impact on industry caused by injuries from poor manual handling
- ◆ Identify and assess potential hazards and choose appropriate methods of risk control, which includes the selection of any lifting equipment that may be required
- ◆ Carry out manual handling techniques in a safe and efficient manner

The training methods used for this course include a high proportion of group participation, including practical exercises in lifting techniques, supplemented with video and classroom based tutorials.

**... To Book Your Course Call AFI Training on 08707 871 511**