



3 Hour Manual Handling Practical Skills Course

£695 to upskill up to 30 Attendees over 1 Day



Learning Outcomes

- Attendees will understand their responsibility within the Manual Handling Operations Regulations
- Attendees will understand the effects of Manual Handling Lost Time Accidents & the personal consequences of Back Injury involving symptoms & physical disability
- Attendees will obtain a basic understanding of spinal biomechanics/ movement
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of hazardous lifting, carrying, lowering, pushing, pulling & team handling
- Attendees will obtain an enhanced postural awareness
- Attendees will be competent in Optimal lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment
- Attendees will be able to apply Optimal Manual Handling techniques & practices to awkward loads in their working environment
- Attendees will be able to critique biomechanically flawed techniques & practices taught in previous Manual Handling Training
- Attendees will reduce the likelihood of suffering a Manual Handling Injury at work & outside of work



Course Outline

30 minutes

- Brief Summary of the Manual Handling Operations Regulations
- Basic Spinal Anatomy & Function
- Causes of Back Injury
- Video Training - Hazardous Lifting, Carrying, Pushing & Pulling

70 minutes

Practical Demonstrations & Group Practical

- Postural Awareness
- Semi Squat Lifting & Lowering
- Full Squat Lifting & Lowering
- Lunge Lifting & Lowering
- Carrying Loads

55 minutes

Practical Demonstrations & Group Practical

- Pushing & Pulling
- Team Pushing & Pulling

25 minutes

Practical Demonstrations & Group Practical

- Communication Skills & Team Handling
- Team Lifting, Carrying & Lowering



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