



MANUAL HANDLING (CONSTRUCTION/GENERAL/ RAIL INDUSTRY)



INTRODUCTION

This course aims to reduce the risks of manual handling injuries to staff. The course is very practical in nature, offering guidance and help on specific problems.

WHO SHOULD ATTEND

All staff, especially anyone who has to lift, carry and move items as part of their work, whether they work in offices, shops, factories or construction sites. Managers and supervisors will also find the course of interest as it covers their responsibilities.

COURSE DURATION

PFA Consulting offer this course over half a day.

COURSE OVERVIEW

By the end of the programme attendees will have:

- Knowledge of the definition of manual handling and responsibilities of managers/supervisors.
- An understanding of the legal background and risk assessment.
- An understanding of the first principles of manual handling.
- Been introduced to the four areas of ergonomic assessment.
- Knowledge of weight guidelines.
- An understanding of the basic structure of the spine and injuries that can occur if items are mishandled.
- An understanding of the principles of safe moving and handling.
- Moved an inanimate object.
- An understanding of problems and dangers of poor manual handling.
- Carried out moving and handling as a team.



PFA Consulting has a rolling schedule for Health and Safety courses. For further details on this course or to arrange a meeting to discuss your requirements:

- Call our training co-ordinator on 01793 828000
- Email us on training@pfapl.com

