

Manual Handling Awareness

Introduction

This course is aimed at introducing delegates to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment.

Learning Outcomes

On completion of this course delegates will understand :

- Legislation
- Factors influencing moving and handling
- Risk assessment and management
- Back care
- Ergonomics
- Moving and handling principles and techniques

Course Duration

Half Day

Max 12 Students

Instructor

Certificated Instructor

Certification

Certificate of Attendance



SUITE 153, ST LOYES HOUSE,
20 ST LOYES STREET, BEDFORD, MK40 1ZL
TEL: 0870 490 8035

www.incatraining.co.uk Email: info@incatraining.co.uk