

Looking after your back

End user manual handling training (1/2 day)

Overview

Manual Handling occurs as a part of many work activities and with productivity demands also increasing in many sectors, these jobs hold the potential for musculo-skeletal injuries/disorders. End user training for employees fits into a wider risk management system and manual handling risk assessment is a mandatory duty for employers where manual handling is carried out.

This course aims to train end users in manual handling issues. Importantly, the course centres on principles of safe handling rather than on specific handling techniques. The course includes practical sessions where current and realistic manual handling situations are addressed.

The presenters are all experienced ergonomists who have practical experience within a wide range of companies - both as trainers and in support consultancy projects.

Aims

- To allow delegates to work safely, free from musculoskeletal injury
- To show delegates how they can get injured
- To provide delegates with tips, techniques and tricks to avoid problems
- To show delegates how to reduce the effects of injury

Learning objectives

After the course delegates will be able to:

- Demonstrate techniques for better movement
- Apply the principles of safe handling to a handling situation
- Problem solve potential handling problems

Prerequisites

Delegates should carry out manual handling tasks within their areas.

Who should attend?

Delegates should be familiar with the handling problems in their areas.

Outline Programme - to be tailored to specific local requirements/key concerns

A 1/2 day course comprising of both theory and practice

Theory

- How injury works
- Common injury-prone activities
- Principles of safer movement

Practice

- Techniques for better movement
- Practicing better movement
- Problem solving
- Techniques for injury control

Contact Details: For further information about training and our support consultancy services in Ergonomics, Health & Safety & Business Risk Management, contact Nigel Heaton - Director of HA. Tel: 01509 211866 or email enquiries@humanapps.co.uk or visit our website at www.humanapps.co.uk



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