

Manual Handling Risk Assessment

Getting to grips with manual handling - 2 day course



Overview

Manual handling occurs as a part of many work activities and with productivity demands increasing in many sectors, these jobs hold the potential for musculoskeletal disorders.

Many employers are now realising the benefits of handling-specific risk assessment skills, not only in order to fulfil their legal obligations but also to take a proactive approach to improve the efficiency and health of their employees where handling occurs.

This course is designed for those with little or no previous health and safety or risk assessment experience. On completion of the course delegates will have a good working knowledge of the theory and practice of carrying out effective handling risk assessments as required by the Manual Handling Operations Regulations - with identification of effective risk controls as the key output.

The presenters are all experienced Ergonomists who have practical experience of implementing the Manual Handling Operations Regulations within a wide range of companies and organisations.

The course is part of the Professional Development Programme offered by the Institution for Occupational Safety & Health (IOSH), the lead professional body for safety in Europe. Delegates must meet the attainment levels set by IOSH in order to pass the course (30 minute exam).

Aims

- To provide delegates with a practical understanding of the Manual Handling risk assessment process
- To provide delegates with a basic understanding of how the musculo-skeletal system is structured, how it functions and how it is injured
- To enable delegates to identify, prioritise, assess and offer solutions to manual handling risks using an 'ergonomics' approach

Learning objectives

After the courses delegates will be able to:

- Understand how to comply with UK and EU health and safety law in relation to Manual Handling Risk Assessments
- Identify hazards and assess the risks associated with Manual Handling Operations following a prioritisation system
- Undertake and record manual handling risks
- Suggest appropriate control measures/interventions
- Be able to assist line managers in managing the process



Prerequisites

None, but delegates would benefit from understanding the nature of the manual handling operations within their organization and exploring any existing processes, procedures, tools and techniques currently used. Delegates should be given time to undertake risk assessments within their organisation after the course.

Who should attend?

Manual Handling Risk Assessments are a line management responsibility. Risk Assessors may be line managers themselves or may be those appointed to carry out the risk assessment on their behalf. Delegates must be able to communicate to staff at all levels, be literate and able to take a practical approach to problem solving.

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

Day 1

- The principles of manual handling risk assessment
- The principles of safety law
- Understanding the risks associated with manual handling
- The Schedule to the Regulations
- Planning assessment

Day 2

- Conducting manual handling risk assessments
- Practical: conducting manual handling risk assessments
- Manual handling risk control
- Managing the manual handling risk process
- Exam (closed book)

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

