



Manual Handling. Overview

This comprehensive training course is designed for any person who in the normal course of their work is required to carry out Manual Handling tasks.

Course Content

Introduction, aim and objectives	Evaluate the task, load, environment and their individual capability
Duties and responsibilities	
Understand the need for correct manual handling techniques	Recognise various types of lifting aids available
Personal factors influencing manual handling operations	
Recognise the types of injury resulting from incorrect manual handling	
Reducing risks during manual handling operations	
Demonstrate knowledge and correct lifting techniques relating to various kinds of load	
Demonstrate knowledge and correct technique for pushing and pulling of various kinds of load	
Understand and practice good team lifting techniques	



Duration, ratios and certification

Duration varies, dependant on the course required.

3 hours for up to 10 candidates

Certification options include:

C&G Services (Europe) Ltd certification

For further information on costs or course availability, please contact us
t. 01453 826781 e. info@gettrained.co.uk www.gettrained.co.uk



gettrained.co.uk

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Facilities and Equipment requirements

Facilities

Suitable classroom with sufficient tables and chairs for candidates and trainer

White wall or projector screen

Wipe board and/or flip chart

240 volt electrical supply

Adequate welfare facilities

Equipment

Dependant on tasks being undertaken

PPE and work wear

Dependant on tasks being undertaken and working environment

A bit about us.

C&G Services are a multidisciplinary training organisation with a rich heritage in training and consultancy services. We continue to comply with all applicable statutory and regulatory requirements whilst maintaining ISO 9001 certification for our Quality Management System as well as holding many other Regulatory Body memberships, certifications and accreditations. This ensures that specific requirements of our customers can always be fully met.