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## Course Profile

The Product:	<b>MANUAL HANDLING AWARENESS</b>
Duration of Course:	1 day
Course Description:	Candidates who are involved in activities that have Manual Handling Risks involved in their competition
Aim and objective of the course:	<p>To reduce injuries caused by Manual Handling</p> <p>To assess the risks involved and where reasonably practicable introduced control measures</p> <p>To identify legal responsibilities as they apply to Manual Handling, by reference to:</p> <ul style="list-style-type: none"> <li>The Health and Safety at Work Act 1974</li> <li>The Manual Handling Operations Regulations 1992</li> <li>The Management of Health and Safety at Work Regulations</li> </ul>
Company Benefits:	<ul style="list-style-type: none"> <li>- Minimise claims for manual handling related injuries</li> <li>- Reduce absence due to musculo-skeletal injuries</li> <li>- Meet legal requirement for training when handling hazard identified</li> </ul>
Course Content:	<p>To train candidates to minimize the risk of injury</p> <p>by using the most suitable handling technique directly associated with their own work activity</p> <p>To understand the aggravating factors in manual handling – namely, weight and/or size of load, unstable load, distance carried, twisting and turning, pushing and pulling, or repetitive handling and lifting.</p> <p>Factors to include when planning the task</p> <p>To show how manual handling and lifting affects the body.</p> <p>To highlight common errors involved in manual handling techniques.</p> <p>To know your own physical limitations in relation to the task.</p> <p>To understand when there is a need for team lifting</p>
Min/Max Candidates:	6/8
Certification:	Yes
Renewal Period:	3 years

### **A-CERTIF LTD™ 2008**

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