

# MANUAL HANDLING



## Introduction

This module covers, what manual handling is and how you can assess and reduce the risks that can occur when lifting and carrying. The aim is to help reduce the number of manual handling related illnesses and accidents in the workplace and to promote good attitudes amongst the staff.

## Course Overview

At the end of the course, trainees will be able to:

- » Understand what manual handling is,
- » Recognise common accidents and injuries,
- » Assess the key risks posed by the task, the individual, the load and the environment,
- » Use effective techniques to lift and handle loads safely,
- » Comply with safe working practices when pushing and pulling,
- » Recognise the importance of using mechanical aids to minimise the risks,
- » Importance of assessing and reducing manual handling.

## Course chapters

### 1. What is Manual Handling?

This section will cover what manual handling is, the types of accidents, injuries and the risks as well as manual handling regulations and legislations.

### 2. Assessing the Risks

This section will cover the importance of assessing the risks including, the task and individual performing the task as well as the load you are lifting and the environment you are lifting in.

### 3. Better Lifting and Handling

This section will cover better lifting and handling including, effective lifting and handling techniques, using mechanical aids as well as pushing, pulling and team lifting methods.

## Who will it benefit?

This course is designed for those who want to learn about the risk and hazards that come with manual handling in the workplace. From lifting and handling small loads by hand to lifting and handling larger loads using manual handling aids.

