

# TRAINING OUTLINE

## MANUAL HANDLING TRAINING

### **INTRODUCTION**

This course is designed for anyone who performs manual handling as part of their employment. It introduces delegates to methods and safe techniques of working. All participants gain practical experience and assess the risks of manual handling.

### **COURSE OUTLINE**

#### **Theoretical**

- What is Manual Handling
- Human Kinetics – Techniques of Safe Lifting
- Explanation including accident statistics
- Demonstrations and practice by delegates
- Individual lifting and team tasks
- Assessment of Load
- Standards
- Protection
- Good housekeeping
- Reporting of defects
- Environmental Conditions
- Access
- Lighting
- Temperature
- Noise and vibration

This 2-3 hours Basic Safety training program can be customized to suit each client's specific workplace needs and equipment. Training can be provided in our Training facility or Client facility as per the requirement.

A Training Certification is provided upon successful completion of the program. Wallet cards are also provided for each operator.