

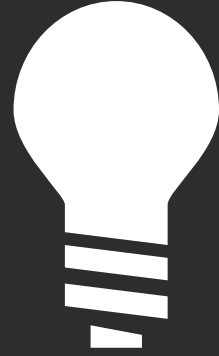
# Industry leading training by industry leading people



Select Training Academy



# Manual Handling



- Introduction of course content
- Statement for Manual Handling, not just within the workplace but at home as well (Health & Wellbeing message)
- Brief review of legislation ref Employers (Reg 4) & Employees (Reg 5) responsibilities
- Hazards and evaluation of risk using acronym 'TILE'
- Explanation of the anatomy (back) and industry statistics
- Pictorial and video examples within a Q & A session for hazard, risk identification and control measures
- Practical exercise within delegates work locations (assessed/ agreed with location)

## Key Information

Training can be held at our centre Select Training Academy, Barford Rd, St Neots, Cambridgeshire, PE19 6WB, On site/projects or other locations on request.

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# Manual Handling

## Course Overview

This course combines a theoretical session complete with practical demonstrations for those who carry out manual handling activities in the workplace. The aim and objectives are to provide personnel with an appreciation of the hazards associated with Manual Handling activities and the requirements under the Manual Handling Operations Regulations 1992 to assess and eliminate the risk of injury.

## Course Structure

Classroom theory session complete with practical demonstrations throughout the course by the trainer. The delegates then have the opportunity to practically demonstrate their enhanced knowledge on how to assess the hazards and risks associated with manual handling for various examples of work activities and be able to assess and consider alternative methods of work with the use of mechanical devices rather than manual handling.

## Q & A

### What practical exercises will be asked to demonstrate?

A practical exercise within the candidates working areas or pre-determined area agreed with the training location will take place to ensure learning outcomes have been understood.

### What qualification will I gain from this?

Select Training Academy Manual Handling Certificate

### Course duration - 4.5 hours

### Will I have an assessment?

Delegates are assessed throughout the course by the instructor to identify any areas the delegate may need assistance with to ensure they understand the learning outcomes prior to sitting an assessment paper.

### Who is most suited to this training?

This course is suitable for: Managers, Supervisors/ Team Leaders and Operatives responsible for managing and carrying out any work activities that involve Manual Handling Operations.

### What are the course prerequisites?

There are no candidate prerequisites as part of this standard, but a basic knowledge of Health & Safety Awareness would be essential.





TRAINING ACADEMY

# Contact Information

Booking and enquires

[Training@selectplanthire.com](mailto:Training@selectplanthire.com)



Enquiry form



[www.selectplanthire.com/training-academy](http://www.selectplanthire.com/training-academy)



Please contact us via 'enquiry form' for any further queries





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