

**Manual Handling Awareness**

**Suitable For:**

Any employee

**Aims & Objectives:**

- To provide an insight into moving and handling
- To teach correct lifting techniques for moving and handling
- To identify the regulations surrounding moving and handling
- To develop a basic understanding of the anatomy and physiology of the spine
- To consider the benefits of good posture
- To develop an ability to carry out a basic moving and handling risk assessment
- To identify the principles of safe lifting

**Course Content:**

- Legislation
- Safe principles of moving objects
- Posture and movement
- Ergonomics of moving and handling
- Practical sessions

<b>Course Duration:</b>	½ Day	<b>Max No. of Delegates:</b>	12
<b>Exam:</b>	Practical Assessment	<b>Location:</b>	Stowan Training Centre or your Site

**Certification:** Valid for 3 years