

## Manual Handling

To comply with legislation, staff engaged in manual handling must be given training in the safe handling of loads.

This half-day course instructs employees in the theory and practice of safe manual handling.

### Objectives

*On completion of the course, participants will be able to competently:*

- Assess manual handling tasks
- Understand the limitations of the spine and muscular system
- Lift and handle loads safely

### Course Content

- Dangers of careless and unskilled methods
- Principles of levers and laws of motion
- Anatomy of the spine and muscular system
- How the body is harmed through incorrect handling techniques
- How to handle loads safely
- Practice in safe handling of loads:
  - Lifting to and from ground level
  - Lifting to and from a height
  - Pushing
  - Pulling
  - Lifting bags/sacks
  - Team Lifting (as appropriate)

### Methods of Training

This course combines lecture methods with “hands-on” practical work using different types of materials in various workplace settings.

**Participants:** 12 maximum per half day session

**Duration:** Half day (2 sessions can be held per day)

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