



# Manual Handling Awareness

In 2014, an estimated 909,000 working hours were lost and nearly a quarter of all RIDDOR reported injuries were attributed to poor manual handling practices.

## Course Overview

The Manual Handling Regulations 1992, as amended in 2002 apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. It is a requirement of these regulations to carry out risk assessments on manual handling tasks. Manual Handling Training can form part of your safe systems of work.

Our manual handling course is suitable for operators, managers, supervisors and employees to protect themselves from risk of injury through manual handling tasks encountered in the workplace.

## Course Syllabus

- Awareness of the key aspects of the legal requirements for employers and employees
- Manual handling risk factors and how injuries can occur
- Risk assessments – T.I.L.E.O
- Benefits of correct manual handling
- The spine and muscular system
- How to carry out safe manual handling, including good handling techniques
- Accident causation and prevention
- Appropriate systems of work for the individual's tasks and environment
- Use of mechanical aids
- Unsuitable loads
- Assessing manual handling operations
- Bad working conditions
- Manual handling injuries
- The content is both theoretical and practical based and includes multi-media presentations to demonstrate the need for correct techniques and accident prevention
- The training is fully interactive with delegates encouraged to participate

### Course delivery options:



Tailored



Open



Online

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# frequently asked questions...

## The Course

Course Delivery	This course is available either as a Tailored, Online or Open Course
Accreditation	ROSPA (Online)
Course Length	75 minutes (Online) 4 hours (Tailored / Open)
Start / Finish Times	To suit
Maximum Group Size	12
Tailored to Specific Requirements	Yes - Please provide specific information at the booking stage
Course Material	Hand Outs are provided on the day (except for Online Courses)

## Certification

Is there an Assessment?	Multiple choice (Online)  Theory and practical assessment (Tailored /Open)
Are certificates issued?	Yes
Valid for?	3 years
When / how are they available?	Available for download 2 working weeks after the course

## The Delegates

Prior Knowledge / Prerequisites	None
Needs to bring along	None

## The Venue

Course Location	At a venue of your choice or an NUK training centre
Venue Requirements	Please inform us of any mobility concerns
Non-NUK Venues	Must have adequate space, lighting, seating, welfare and a 240v socket
Refreshment at NUK Venues	Available on request

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