

Manual Handling Awareness QHS Solutions Certificate

This is a Half Day Course:

More than a third of all over-three-day injuries reported each year to HSE and local authorities are caused by manual handling - the transporting or supporting of loads by hand or by bodily force.

Manual handling injuries can occur wherever people are at work - on farms and building sites, in factories, offices, warehouses, hospitals, banks, laboratories, and while making deliveries. Heavy manual labour, awkward postures, manual materials handling, and previous or existing injury are all risk factors implicated in the development of musculoskeletal disorders

Course Overview

- Manual handling Operations Legislation
- Basic Principles of Anatomy and Physiology
- Common Injuries for Manual Handling Operations
- Vulnerable Groups at Risk
- Factors in a Manual Handling Risk
 - Task
 - Individual
 - Load
 - Environment
- Kinetic Lifting
- Identifying and Evaluating Existing Control Measures
- Proposing Additional Control Measures



Who Should Attend?

This course is suitable for anyone needing lifting and handling awareness techniques.

QHSS COST PER PERSON INCLUSIVE OF REFRESHMENTS, COURSE HANDOUTS AND CERTIFICATE OF ATTENDANCE: £75.00 + VAT

**CALL ALISON FOR DATES AND BOOKINGS ON 01282 839 103 OR
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Or visit the WEBSITE at www.qhs-solutions.com
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