



First Aid Occupational Health and Safety Training Courses throughout the UK

 0800 774 7034

3 Hour Manual Handling Training

Incorporating an introduction to manual handling and practical manual handling. Manual Handling courses are very specific for the type of work undertaken and should be bespoke as such, rather than generic. The training course usually lasts 3 hours. For higher risk activities / businesses the course can last one day.

Introduction

Virtually all companies have manual handling – the use of people to shift things. Under health and safety legislation, there is a duty to identify where this shifting could lead to a significant risk of injury and then to take common sense measures to reduce the risk. Avoidance of the shifting is always the best option, typically followed by the use of machinery. However, for most businesses, physical handling by people will always be required for some tasks – as will manual handling training, to ensure that they do it as safely as possible.

Duration

3 Hours

normally 9:00am – 3:15pm

we are flexible with Start times to accommodate the needs of your business. Please feel free to discuss your timings with us.

Who should attend the Manual Handling Training Course?

The course is suitable for a wide range of staff from those with obvious work related handling tasks through to sales and office staff that may appear to have much less manual handling involved in their work related activities. All are vulnerable to manual handling injuries (whether at work or at home), so all will benefit from a knowledge of good technique.

Where Can I attend the Manual Handling Training Course?

We can deliver 'in house' training at your Business venue and can provide you with a competitive price for group training. We can deliver any of the above courses at your place of work.

The 'on site' training option is particularly cost effective for Companies that have several people requiring training at the same time (usually 6 or more people). In addition to this there are many other benefits to arranging a first aid training course 'on site':

- *Choosing your own venue gives greater convenience.*
- *Travelling and accommodation costs can be reduced or removed.*
- *A greater choice of course types are available.*
- *The course content can be tailored to your exact requirements.*
- *Businesses and Organisations can choose a suitable time to run their course.*
- *Courses can be run anywhere in the UK.*

Course Aims

To learn how to improve manual handling techniques, move and handle loads safely and be able to conduct a personal manual handling risk assessment.

Course Content

Course Content includes:

- *Legal requirements of the Health & Safety at work act, Manual Handling Regulations and LOLER, as they apply in relation to moving and handling activities.*
- *Definition of Manual Handling*
- *Understanding of the legal background and importance of carrying out a risk assessment for manual handling activities.*
- *H&S Legislation*
- *Duties of employer and employees*
- *Guidance on loads*
- *Causes of back injury due to Manual Handling activities*
- *The guidelines regarding Manual handling*
- *Base movement*
- *Base movement techniques*
- *Maximum Lifting Load*

Assessment

This Manual Handling Training Course is not just an attendance course; candidates required to take part in practical and theoretical work to successfully complete the course.

Certification

All candidates will be issued a Certificate on completion of passing the Manual Handling Training Course.

Cost for First Aid Training

We are confident that we can offer you a competitive price for all your First Aid Training requirements. Call us directly on **0800 774 7034** and we will be able to discuss your requirements.

Any prices which are quoted are exclusive of VAT.

Did you know we also deliver the following training Courses?

First Aid Training

One Day Emergency First Aid at Work – HSE Approved
Two Day First Aid at Work – HSE Approved
Three Day First aid at Work – HSE Approved
First Aid Two Day Refresher Course –HSE Approved
Paediatric First Aid Training – OFSTED Approved
First Aid (AED) Automated External Defibrillator
First Aid - Basic Life Support

Fire Safety Training

Fire Awareness Training
Fire Warden/Marshal Training
Fire Safety in the Workplace Training
Fire Risk Assessment Training
Hot Work Passport Training

Health & Safety Training

Health and Safety Awareness in the Workplace
COSHH Training
Risk Assessment Training
Manual Handling Awareness Training
Moving and Handling of People

Child Protection Training

Child Protection Level 1, 2 and 3
Safeguarding Children
MARAC Training
Drug and Alcohol Awareness
Sexual Exploitation awareness of Children

GK Safety | First Aid Occupational Health & Safety Training Courses throughout the UK

First Aid Training Courses HSE Approved
Paediatric First Aid Training Courses OFSTED approved
Fire Safety Training Courses
Manual Handling Training Courses
Child Protection Training and Consultancy
Health and Safety Training Courses



For enquiries or if you wish to discuss your training requirements in detail please call us on **0800 774 7034** and speak to one of our training consultants.