



Manual Handling



Introduction

Manual handling at work is one of the most common causes of musculoskeletal disorders; specifically back pain, affecting employees of all ages. There are over 8 million lost working days due to work related musculoskeletal disorders. With these statistics in mind the importance of effective manual handling training cannot be over emphasised.



Course Duration

SSG offer this course over half a day.



Who Should Attend

This course is designed for anyone who is involved in manual handling of any kind in the workplace.



Course Programme

- Why is good manual handling important
- What is manual handling
- Common injuries
- The structure and function of the spine
- Manual Handling Operations Regulations 1992
 - Employer / Employee duties
 - Avoid, assess, reduce
 - TILE – Task, Individual, Load and Environment
- Good handling technique



Certification and Assessment

Delegates will be assessed by a summative assessment at the end of the course. All successful delegates will receive an SSG Certificate on completion of the course. Course certification lasts 3 years.



Suggested Follow on and Complementary Courses

- Manual Handling Instructor Training