

MANUAL HANDLING - WISE GUYS GUIDE



OVERVIEW

Poor manual handling techniques is one of the major causes of workplace injuries. There are over a million people in the UK who suffer from back pain caused or made worse by injuries that occurred while working. But this problem is preventable. In this fun, comic-book style e-learning course, you will learn everything you need to know to lift safely and prevent injury.

OBJECTIVES

- Learn why a good manual lifting technique is so important
- Learn how to minimise risk of injury with good handling techniques
- Learn the four main causes of back pain
- Use L.I.T.E to perform effective risk assessment before lifting
- Understand basic spinal structure and biomechanics
- Understand the key elements of the Manual Handling Operations Regulations (1992)



DURATION

30 minutes – 1 hour.



AUDIENCE

This course is essential health safety training. It's particularly appropriate for anyone who has to handle or lift goods and materials in their job.



CERTIFICATION

Upon completion of the course the learner will receive a CPD certificate.

