

Manual Handling: Construction Workers

This course is designed for anyone involved in moving equipment, materials and loads by manual effort in the construction industry. This course covers good lifting techniques and ensures delegates are aware of the hazards and associated risks when using manual effort to move objects, as well as providing important information on the cause of back injuries. Our Practical Assessment exercise allows delegates to practise the lifting and handing techniques under the direct supervision of our trainer.



Course Location: On-Site at your premises

Course Duration: 1Hr Safety Theory for all delegates including a Knowledge Test, followed by 10mins per person one-to-one practical lifting assessment

No of Delegates: 12 Max

Course Objectives

By the end of the course, delegates will be able to

- Demonstrate the correct method of lifting and moving objects
- Understand the requirements of the Manual Handling Regulations
- Identify the risks associated with manual handling

Course Programme

- Why be concerned with manual handling and back care?
- Current legislation
- What causes back pain?
- Common causes of back pain
- Do's and don'ts of good posture
- Safe lifting technique
- Safe Manual Handling (TILE)
- Back flexibility
- Ergonomics
- Risk reduction
- **Practical exercises with one-to-one tutor lifting assessment**

Delegates Receive:

Certificate of Training
Course Notes
Course Materials

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