



NewGrange

TRAINING & SERVICES LTD

Better People, Better Business®

Manual Handling Shopfloor/Warehouse

This course provides important background information on the cause of back injuries as well as allowing delegates to practise the lifting and handing techniques under the direct supervision of our trainer. The practical exercises will use items from the company's factory environment that delegates' actually move, lift and handle in their work situations.



Course Location: On-Site at your premises

Course Duration: 3Hrs (Dates and time arranged to suit you)

No of Delegates: 10 Max

This course provides important background information on the cause of back injuries as well as allowing delegates to practise the lifting and handing techniques under the direct supervision of our trainer. The practical exercises will use items from the company's office environment that delegates' actually move, lift and handle in their work situations.

Course Objectives

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

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

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
- Back flexibility
- Ergonomics
- Risk reduction
- Practical exercises using items of equipment from shopfloor

Delegates Receive:

Certificate of Training

Course Notes

Course Materials

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