

# Training Solutions

## Manual Handling Awareness Training

### Who Is This Course Designed For?

Anyone employee whose activities involve the carrying out of Manual Handling Operations as well as those that manage these employees.

Manual handling is a major cause of injury and time away from work in the UK.

Knowing how to safely handle equipment etc will help protect employees and businesses from injury and down time.

### About the Course

- > Duration: half day
- > Format: Face-to-Face or remote online learning
- > Refresher training recommended every 3 years

### What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01522 690 237** or email Elizabeth Turner at [elizabeth.turner@pibrm.com](mailto:elizabeth.turner@pibrm.com) to discuss further or book a place on one of our open courses.

### What Is Covered?

- > Kinetic handling – an understanding
- > Training within the context of risk assessment
- > Anatomy and structure of the spine
- > Risk factors and injury causation
- > Introduction to biomechanics
- > Principles of safe handling
- > Practical sessions

### Key Features:

To provide the delegates with the knowledge to understand manual handling risks and the principles of safe handling.

To enable the delegate to gain an understanding of how the body works and reacts in relation to manual handling and injury causation.

To gain sufficient knowledge to enable the delegate to put into practice those principles covered in the course.

To ensure that all delegates get the most they can from one of our courses we limit the sizes to 4-12 attendees