

# **Manual Handling Update**

# Who is this course aimed at?

For people who need to know how to safely carry out manual handling tasks, putting safety first for you and others

# **Course Aims**

To know how to safely carry out manual handling tasks putting safety first for you and others.

# **Learning Outcomes**

By the end of this course you will:

- Know what manual handling is
- Know the relevant legislation around manual handling
- Be aware of both employees and employers' responsibilities
- Know of the basic anatomy and function of the spine
- · Be familiar with common back problems
- Understand ergonomics and fitting the task to the person
- Know the correct manual handling techniques for lifting, pulling and pushing
- Know how to ask somebody to perform a lift

#### Course available as

# **E-Learning**

Course Length: 35 Mins

# **Contact Us**

For more information, or to book any of our courses, please contact us on 01706 375578