

Manual Handling Awareness

Course Outline

APT Health & Safety Services Manual Handling training course will provide a good grounding in the safe moving and handling techniques, as well as an understanding of the risks associated with such activities.

Aims and Objectives

On completion of this occupational health and safety training course, delegates will be able to:

- Outline the hazards and risks associated with manual handling activities
- Outline measures to reduce the risks
- Demonstrate application of good posture and efficient movement principles in a range of scenarios.

Course Content

- Causative factors and types of musculoskeletal injuries
- Avoiding musculoskeletal injuries
- Manual Handling Operations Regulations
- Principles of good posture and efficient movement principles
- Practical application.

Suitable For

All employers, supervisors and employees in any work environment

Course Duration	Half Day
Exam	Theory and Practical Assessment
Max No. of Learners	Maximum of 12 Learners
Location	APT Training Centre or on customer's site
Certification	APT Health & Safety Training Certificate awarded on successful completion of the course