

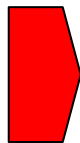
MH TRAINING SERVICES

MANUAL HANDLING AWARENESS TRAINING



Target Group / Attendees

Lifting safely is legally covered in *the Manual Handling Regulations 1992* which requires persons who lift and carry loads / objects etc to be properly trained, therefore this training applies to everyone within the workplace who moves lift and transport loads physically, would also benefit managers and supervisors in order that they understand their duties and responsibilities.



Ratio: 10 x Trainees (Max) - 1 Instructor

Duration: ½ Day training course (4 hrs)

Location: Off –Site or On-Site

Aim

The aim of the course is to provide adequate training for the purposes of Health and Safety for persons involved in the safe handling and movement of loads within their workplace, the course includes “hands-on” practical assessments throughout fully supervised by the instructor / tutor.

Regulations Covered

- Health and Safety at Work Act 1974 etc
- Manual Handling Regulations 1992
- Management of Health and Safety at Work Regulations 1999
- Personal Protective Equipment Regulations 1992

Course Content / Aims and Objectives – Theory and Practical Skill Instruction

- Trainees will have an understanding of course aims and objectives.
- Have a clear understanding of their responsibilities under Health and Safety Law and other relevant legislation i.e. Manual Handling Regulations 1992
- Have a clear understanding of the term “Manual Handling”.
- Manual Handling injuries and examples.
- Manual Handling accident statistics/ ratios.
- Types of abrasive wheels, cutting discs and storage etc.
- Understand the principles for controlling manual handling risks and apply them within their workplace.
- Understand the costs to companies as a result of manual handling related injuries within the workplace.
- Understand how to lift and move loads safely within the workplace.
- Operator’s duties and responsibilities.
- Kinetic lifting techniques for 1 person lifting and moving, team work.
- Completing manual handling assessments (if applicable).
- Assess their own work place activities and develop safer methods and tasks in co-operation with their supervisors / managers.
- Correct use of PPE (Personal Protective Equipment).
- Theory and Practical assessments.

Instructors

Courses are carried out by our fully trained and accredited instructors and the training will be of a high quality standard throughout.

Location of Training

Training can be delivered on-site and off-site depending on customer requirements; training delivered off-site will be more advantageous to the trainees as the training can be specific to their workplace activities.

Prerequisites

Operatives should be medically fit including good eyesight and hearing.

Achievement Measurement

The training is carried out in accordance with ITSSAR Accredited Standards and that endorsed by the Chartered Institute of Environmental Health (CIEH) however both standards includes both theory and practical assessments leading to each trainee being issued a certificate of attendance.