

## Manual Handling Awareness

### Pre-requisites

Candidates do not require any formal entry requirements.

### Aim of the course

The **Manual Handling** Operations Regulations 1992 amended in 2002, apply on a wide range of activities that involve lifting, lowering, pushing, pulling and carrying of loads of articles. The course is suitable for anyone looking to increase their awareness and skills in manual operations. The course is ideal for delivery as part of an employee induction programme or as part of an ongoing training scheme.

### Who Should attend

- Any employee from any sector requiring basic manual handling awareness.. For example:
  - Warehouse and factory staff.
  - Heavy manual labourers.
  - Unloading and loading of vehicles.
  - Tool Setters / Machine Operatives.
  - Construction and building site workers.
  - Office workers.
  - Delivery drivers.
  - Farmhands.

### Objectives of the course

Units covered by the course:

- Principles of Legislation relating to Manual Handling.
- Lifting Techniques.
- Employers and Employees responsibilities.
- Optional Assessment Test (practical and written).

### Duration

Half Day

### Qualification

College Certificate of attendance for Manual Handling Awareness.