

Manual Handling

Personal Safety

Course Duration
60 minutes

AtlasTM

Knowledge to perform

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The aim of this course is to introduce you to the main safety issues that you should be aware of when carrying out manual handling activities.

You will explore the common hazards and risks associated with manual handling, and discover how to perform manual handling tasks safely. You will also work through some scenarios, and will be asked to choose the safest course of action at each stage.

Learning Objectives

- Define manual handling
- Explain the statistical data surrounding manual handling injuries and ill health
- Identify the common causes of manual handling injuries
- Identify the injuries caused by manual handling
- Describe the various work-related musculoskeletal disorders (MSDs), including those associated with manual handling
- Identify the responsibilities imposed by the manual handling regulations
- Describe and illustrate what is meant by the body's centre of gravity
- Identify an individual's manual handling capability
- Identify the main causes of back pain
- Explain the concept of good handling technique
- Explain how to assess manual handling situations
- Explain why carrying shifting loads such as containers part full of liquid requires extra care
- Describe how manual handling with more than one person should be carried out
- Recognise the importance of using mechanical aids for handling
- Describe and demonstrate how to carry out safe manual handling, including good handling technique
- Describe how to carry loads safely
- Explain why the longer a lift lasts or the further something is carried, the more strain it can cause
- Explain the importance of using rest breaks
- Explain how to put loads down safely
- Describe how to handle loads safely when seated
- Describe how to push and pull loads safely
- Explain the term ergonomics and how it can affect manual handling tasks
- Explain the value and purpose of conducting a manual handling assessment and what employees can expect of such assessments
- Identify the appropriate systems of work for the individual's task and environment
- Explain how to risk assess manual handling situations

To request a demonstration or to purchase this course please contact your Atlas Account Manager or email info@atlasknowledge.com