

Health and Safety

8 - Hazards and Controls Associated with Manual Handling and Repetitive Movement

elearning



Cogent Skills Health and Safety Suite

Delivery Mode:
30 minutes of elearning

Assessment:
No required assessment, participants are encouraged to keep self-reflective notes on key learning points.

Certificate:
Available upon completion of learning

This Course is Aimed at

Anyone who needs to understand the principles of health and safety as part of their job. The typical people who would benefit from this course include: Team leaders and supervisors, HR professionals, facilities managers, those working with young people in a training environment.

Overview

This course is a stand-alone elearning module and forms part of a 10 module set that make up the Health and Safety at Work Suite. It will help you to identify the hazards from manual handling and repetitive physical activities and ways of controlling risks from manual handling and ergonomic risks.

Program Content and Key Areas

Hazards from manual handling and repetitive tasks:

- ✓ The scope of manual handling and repetitive physical activities
- ✓ Common activities involving manual handling and/or repetitive physical activities
- ✓ Common injuries
- ✓ Factors affecting the risk of injury: i.e. task, load/force, working environment, individual.

Control measures:

- ✓ The means of avoiding or minimising the risks from manual handling with reference to the task, load, working environment, individual
- ✓ The means of avoiding or minimising the risks from repetitive activities with reference to the task, force, worker and environment

Learning Outcomes

On completion of this module, participants should be able to demonstrate understanding of the content through the application and knowledge to familiar and unfamiliar situations. In particular they should be able to:

- ✓ Identify the hazards from manual handling and repetitive physical activities
- ✓ Identify ways of controlling risks from manual handling and ergonomic risks

