

Manual Handling



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Has your workforce received sufficient manual handling training?

Workplace manual handling injuries occur when employees transport or support loads, often in offices, warehouses, factories, hospitals, building sites and farms. Every year, manual handling causes over a third of injuries that extend over 3 days.

This is why training is required for staff who lift, push, pull or lower loads, such as boxes, trolleys, animals and people.

HSE Executive

Who is manual handling training for?

Most businesses require employees to physically handle loads during some tasks.

If your staff need to move boxes or carry loads, this course will show them how to handle these loads safely.

What does the manual handling course cover?

The manual handling course covers:

- How incorrect manual handling can lead to acute spinal damage.
- How pushing, pulling, lifting, lowering and handling can cause back injuries.
- How to avoid injuries from manual handling tasks.

What is the benefit of manual handling training in your business?

Manual handling training:

- Helps you to meet all your legal requirements.
- *Reduces the number of injuries in your workplace.*
- Creates a safer, productive business environment.

Our course helps you to assess risks of injury to your staff, reduce potential injuries and carry out steps to avoid hazardous manual handling where possible.

Staff can complete their training at any time to suit your needs.

Manual Handling – Understanding	Welcome to Panual Handling. May the concern over Associ						 Why the concern over Result mending? 	Reset find below a set of multiple choice questions associated with the online basining you have just completed. Please the appropriate correct assume to chicking on the racio bottom within each operation.	
How can we damage our discs?		Handling! + Lepiblation in place today. + interactive Game L.	Interactive Game 1. Directions: Utility your mouse, drug the correct word lets the correct black space in the sentences below.					Legislature in place today. Historative Game 1. Historative Game 1.	Note: There is only one pushful ensures per question. There vit need to poss the mann to complete your training. If you are unseccessful, you can always re-train and by aga time
4	+ Repossibilities. + Interactive Game 2.	The Manual Handling Regulations were introduced to try to accomplish the following:				lowing:	Q, How many principles of safer named handling is there?		
H 🗙 🛣		Other Supporting Legislation HISE Guidelines.	a). To and	d control the number of MDD	h.			+ Understanding the spine.	Qh
		the understanding the spine.	Bit. To the numbers of displant to industry by staff absence. c). To the health and well being of the nations pspulation.					Assessing risk. What is good practice?	○ k. ○ v.
		+ Assessing mile. + What is good practice?						Soler Annual Banding - The main principles. Uting of a land.	Q, When Rensel Handling anything always try to avoid:
	>	 Safer Nanual Panding - The main principles. 						· Interactive Cane 1.	C Twilling
If the discs are squeezed, Over time, wear on thes walls causes weakness.	even be forced through the	Lifting of a load. Hinteractive Game 3.	Note a	polition Improv	e force	prevent	reduce	Working with others. Providing with others. Providing and Positing. Summary.	C Slightly bend your loves.
backwarda.	disc wall.	Working with others. Publing and Publing.					and here	Final mass introduction Final Exam	$Q_{\rm c}$ if yes cannot would a bacand then you should try to:
		+ Sennary.							O Prevent the hazard from happening.
		Fital esam introduction Vour Course Review (PDS)							Nininia the darger. Senses the based.

Video Presentations.

Interactive Games.

Final Exam – Certificates Provided.

Effective training has an important part to play in reducing the risk of manual handling injury.

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