

Course Details

MH1 Manual Handling

This short course – 3 hours - is designed to educate everyone in protection from musculoskeletal disorders by using correct procedures for lifting, carrying, pulling and pushing. The course can be tailored to meet the needs of home, office and industrial working. Through consultation with the client organisation specific examples and measures can be incorporated into the programme.

Content

The course is primarily theoretical but is interactive and will have practical hands-on opportunities.

The programme includes:

- The spine & musculoskeletal disorders
- Injury prevention
- Correct lifting, carrying, pulling, pushing techniques
- Risk assessments
- Maintaining a healthy spine

The course follows a syllabus laid down by the Dimension People -Safe family of Health & Safety training systems and follows guidelines issued by HSE. The programme a number of different methods:

- Video/DVD segments to convey essential information
- Hands on practice in small groups
- Positive coaching from approved and professionally qualified Instructors.
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

Certification

Students will receive a certificate of attendance

Course Duration

3 Hours

January 2009