

MANUAL HANDLING

hot

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Nearly all jobs involve some element of manual handling. Injuries as a result of manual handling equate to over one-third of all workplace injuries. This course offers a guide to best practice when it comes to manual handling and is ideal as part of a staff induction, as refresher training for existing staff or for those looking to go on to achieve a recognised manual handling qualification.

Areas covered

- The definition of manual handling
- The LITE stairway to safety
- Safe lifting techniques
- Correcting lifting techniques
- Lifting with more than one person
- Examples of manual handling









Who is it aimed at?

Ideal for employee inductions, refresher training or anyone who will be involved in manual handling as part of their job role. The course can also be used as part of the on-programme element of the new apprenticeship standards, supporting the knowledge, skills and behaviours apprentices need to effectively integrate into the workplace.



Key details at a glance

-  **Duration:** 30 – 40 minutes
-  **Assessment:** Multiple-choice questions
-  **Certificated:** Yes – Highfield Completion Certificate
-  **Support:** 01302 363277
support@highfield.co.uk
-  **Translation:** Details available on request
-  **Localisation:** EU legislation within a UK context, but suitable for international businesses that trade with the EU and will be subject to the legislation

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