

MANUAL HANDLING TRAINING

This 3 hour Manual Handling Course raises learners awareness of the dangers associated with manual handling and the practical steps that can be taken to minimise and control potential risks.

The course covers what manual handling is, and equips learners with the knowledge and skills necessary to safely and effectively move or lift objects safely, minimising the risk of injury.

Interactive and engaging learners will cover a number of topics, including:

- ✓ What Manual Handling is
- ✓ Manual Handling Operations Regulations 1992
- ✓ Biomechanical Principles
- ✓ Common causes of injury and long-term damage
- ✓ Safe Manual Handling Techniques
- ✓ Risk Assessments
- ✓ Demonstration and practice time

Training can be held at our Training Suite in Wakefield or a venue of your choice.

Cost: £30 per person

Book your place now by scanning the QR Code or visiting our website:
www.CompleteTraining.uk

