



# Manual Handling Update

## Who is this course aimed at?

For people who need to know how to safely carry out manual handling tasks, putting safety first for you and others

## Course Aims

To know how to safely carry out manual handling tasks putting safety first for you and others.

## Learning Outcomes

By the end of this course you will:

- Know what manual handling is
- Know the relevant legislation around manual handling
- Be aware of both employees and employers' responsibilities
- Know of the basic anatomy and function of the spine
- Be familiar with common back problems
- Understand ergonomics and fitting the task to the person
- Know the correct manual handling techniques for lifting, pulling and pushing
- Know how to ask somebody to perform a lift

## Course available as

### E-Learning

**Course Length:** 35 Mins

## Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578