



Manual Handling

Format: 1/2 day

No of Participants: Up to 12

Certification: ASL SAFETY & TRAINING Certificate/QQI Registered Instructors

Objective

Ensure that all participants are instructed and trained in the correct and safe way to lift any kind of load in their work environment.

Background

Under the Health and Safety at Work Act, it is the duty of an employer to ensure no employee is put at risk while manually handling a load. Under the act it is a requirement that employees are trained in how to safely handle loads without mechanical assistance.

This training will show your staff how to carry out manual handling tasks correctly and therefore avoid back injuries.

Back injuries caused by incorrect manual handling techniques are one of the most frequent causes of workers compensation claims. Almost quarters to a third of all reported accidents in the workplace are due to bad manual handling.

Course Content

This course will include theory and practical demonstrations and will cover:

Employer and employee obligations

Structure and function of the spine

Types of back pain

Causes of back pain

How to avoid backache

Methods of lifting, putting down, loading & unloading

Methods for pushing, pulling and reaching

Dealing with different load types and alternative methods of moving loads

Safe packaging of loads

Basic manual handling rules & exercises before commencing work



All participants will complete a multiple choice & practical exam at course end. Those who successfully complete the exam will be issued certification valid for 3 years. Candidates must bring: comfortable and flexible clothing, (e.g. tracksuit) on the day.