

Manual Handling Load Training Course

We provide load handling courses that are designed specifically for the workplace.

Aimed at: Support staff whose main role is the handling loads

Manual and Load Handling course content:

- Predisposing factors of musculoskeletal injuries
- Postural awareness and static loading
- Spinal awareness
- Principles of safer handling
- Legislation
- Risk assessment
- Unsafe practices
- Team handling

Outcome: Participants will gain a basic knowledge of the theory relating to manual handling, an awareness of the risks and how to minimize them and acquire the practical skills to move and handle loads safely.

Duration: 2 – 3 Hours

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