

# Manual Handling Training

Applus + is one of the leading industrial, access and safety training companies in Scotland. The Applus + Training Centre in Grangemouth, Central Scotland, has one of the largest training schools in the UK. We are IRATA, IOSH and Quallsafe accredited and our experienced trainers bring a wealth of knowledge and experience to enhance the training experience for all delegates. Bespoke access training courses can also be provided with training being carried out at clients' sites when required. Contact us to discuss your training requirements and arrange and book your course. We provide access training, industrial safety training as well as many other courses • Work at Height Training • Confined Space access training • Rope Rescue Training • Fire Warden Training



## THE Applus+ SOLUTION

Delegates will be able to demonstrate basic suitable manual handling techniques. They will also understand legal requirements and the risk factors associated with manual handling as well as the basic anatomy of the back and health issues.

## Target customers

This Manual Handling course is designed to help delegates recognise and better understand manual handling risks that may be present in their working environment. It provides the basic information on how best to undertake manual handling and methods to reduce risks identified. Anyone who has to undertake simple manual handling of objects as part of their job should attend.

## Key customer benefits

Delegates will cover the following course content:

- Introduction
- Definition
- Why the need for Manual Handling training
- Manual Handling statistics
- Legal Requirements
- Health and Safety at Work act 1974
- Manual Handling Regulations 1992
- Anatomy and health issues
- Functions of your back
- Back structure
- Common problems associated with the back
- Lever principle
- Manual Handling Risk Assessments
- TILE approach
- Ways to improve Manual Handling Tasks
- Good handling techniques – theory
- Practical session: Starting with basic box lifting and progressing to other occupational load lifts if a sufficient level of competence has been demonstrated