



Key:	Course Provider Certificate	Externally Accredited Certificate
------	-----------------------------	-----------------------------------

Managing Manual Handling-1 day	Pre requisite:	None
<p>This one day course is intended to provide delegates with an understanding of the hazards and risks associated with the physical handling of items that are likely to be found in the workplace.</p> <p>During the course delegates will explore practical ways in which the risks associated with manual handling can be controlled.</p> <p>Who is the Course For?</p> <p>Supervisors & Managers</p> <p>Introduction</p> <ul style="list-style-type: none">• Course design: The course is split into two halves; the first half addresses the requirements of the Manual Handling Regulations, the second, the practical application of good handling techniques.• The need to manage manual handling operations <p>What is manual handling?</p> <ul style="list-style-type: none">• Definition of manual handling• Definition of manual handling injury <p>The use of TILE & MAC in assessing manual handling risk</p> <p>Delegates will consider the influence of the Task, Individual, Load & Environment (TILE) whilst using the Health and Safety Executive's (HSE's) MAC tool to determine the risk for activities which they undertake. Completed assessments will be used to demonstrate understanding of the manual handling risk assessment process.</p> <p>Avoidance and reduction of manual handling risk</p> <p>Whilst the course is primarily designed to teach safe handling techniques a knowledge of the ways in which manual handling risk can be avoided or reduced is desirable as it can result in lasting risk reduction for the entire organisation.</p> <p>Practical handling of loads</p> <ol style="list-style-type: none">1. Assessing the load – size, shape, weight and other features.2. Dealing with unfamiliar handling operations.3. The proper use of handling aids.4. The proper use of personal protective equipment.5. The importance of good housekeeping;6. Good handling technique. <p>End test</p> <p>The course will conclude with a short end test, designed to confirm understanding of the key learning points.</p>		