# Manual Handling



Simpson & Co (Safety Consultants) Ltd T. +44 (0) 1277 886360

E. info@health-safety-services.com

W. health-safety-services.co









### Has your workforce received sufficient manual handling training?

Workplace manual handling injuries occur when employees transport or support loads, often in offices, warehouses, factories, hospitals, building sites and farms.

Every year, manual handling causes over a third of injuries that extend over 3 days.

This is why training is required for staff who lift, push, pull or lower loads, such as boxes, trolleys, animals and people.

**HSE Executive** 

### Who is manual handling training for?

Most businesses require employees to physically handle loads during some tasks.

If your staff need to move boxes or carry loads, this course will show them how to handle these loads safely.

### What does the manual handling course cover?

The manual handling course covers:

- How incorrect manual handling can lead to acute spinal damage.
- How pushing, pulling, lifting, lowering and handling can cause back injuries.
- How to avoid injuries from manual handling tasks.

## What is the benefit of manual handling training in your business?

Manual handling training:

- Helps you to meet all your legal requirements.
- Reduces the number of injuries in your workplace.
- Creates a safer, productive business environment.

Our course helps you to assess risks of injury to your staff, reduce potential injuries and carry out steps to avoid hazardous manual handling where possible.

Staff can complete their training at any time to suit your needs.

| Manual Handling – Understanding the Spine |   |  |   | Why the concern over Assoul<br>Handlers!   |   |                   |                 |       |  |  | <ul> <li>Why the concern over Resual<br/>reacting?</li> </ul>  | Phase find below a set of multiple choice questions associated with the online training you have just completed. Please<br>the acompleter correct assure to citizing on the radio lutities within each question.<br>Nate: There is not an originate arriver are question. |
|---|---|--|---|--|---|-------------------|-----------------|-------|--|--|--|---|
| How can we damage our discs?              |   |  | Legislation in place today.     Historactive Gener 1. | Interactive Game 1.<br>Breather: May per more, day the served was the served blank user in the servers lakes.<br>The Manual Handling Regulations were introduced to try to accomplish the following: |   |                   |                 |       |  | Legislator in place tadig.     Top will re     Interactive Game 1.     Union Go     Reportationen. | Here: There is very one proceed acress per queries.<br>The vertice of to poss this many to complete your braining. If you are unsecretafial, you can always re-brain and by again<br>time. Good Land |   |
|   |   |  |   |  |   |                   |                 |       | + Responsibilities.<br>+ Interactive Game 2. |  | lowing:  | Q, How many principles of safer monoid bandling is there?   |
| . 6                                       | 1   | ×*   |   | Other Supporting Legislation.     HISE Guidelines.   | at. To  | and control the n | umber of MUD's. |       |  |  | Pric Gabriele,     Understanding the spine,     Assessment risk.   | 0.  |
| ST ST S                                   |   |  |   | Understanding the spine.   | bit, Fine the numbers of displant to industry by null diverses.     c), Fit the health and well leving of the nutleus population. |                   |                 |       |  |  | What is good practice?     Sider Annual Torollar, "The main principles.     Utiling of a load.     interactive Game 1.   | 0.  |
|   |   |  |   | Assessing risk.     What is good practice?   |   |                   |                 |       |  |  |  | Q, When Runad Handling anything always try to mold  |
|   |   |  |   | <ul> <li>Safer Hanual Handling - The<br/>main principles.</li> </ul>   |   |                   |                 |       |  |  |  | C Twilling  |
| the nucleus can be forced walls cau       | Over time, wear on these walls causes weakness. | With a lot of pressure, it can<br>even be forced through the<br>disc wall. |   | <ul> <li>Lifting of a load.</li> <li>Interactive Game 3.</li> </ul>  | note  | position          | Improve         | force | prevent                                      | reduce   | Horking with others.     Proving with others.     Proving with restand.     Sourmary.     Prior texas televolution     Prior texas   | Stightly bend your trees.     Look torweed.   |
| backwards.                                |   |  |   | Working with others.     Publing and Publing.  |   |                   |                 |       |  | alast Mart   |  | $Q_{\rm c}$ if you cannot avoid a hazard then you should try tax  |
|   |   |  |   | + Summary.   |   |                   |                 |       |  |  |  | Prevent the heaterd from Appending.     Noticities the denses.  |
|   |   |  |   | Final esam introduction     Vour Course Review (PTS)   |   |                   |                 |       |  |  |  | C Annual the barger.  |

Video Presentations.

Interactive Games.

Final Exam – Certificates Provided.

*Effective training has an important part to play in reducing the risk of manual handling injury.* 

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