# Manual Handling



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### 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 Handlers!							<ul> <li>Why the concern over Resual reacting?</li> </ul>	Phase find below a set of multiple choice questions associated with the online training you have just completed. Please the acompleter correct assure to citizing on the radio lutities within each question. Nate: There is not an originate arriver are question.
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									+ Responsibilities. + Interactive Game 2.		lowing:	Q, How many principles of safer monoid bandling is there?
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the nucleus can be forced walls cau	Over time, wear on these walls causes weakness.	With a lot of pressure, it can even be forced through the 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.
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				+ 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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