



## Manual Handling

<b>Course Duration</b>	Half Day including practical element
<b>Who will Benefit</b>	All employees whether they are office or site based.
<b>Legislative Requirement</b>	Manual Handling Operations Regulations 1992 apply to any manual handling operation that may cause injury at work.
<b>Aims of Training</b>	Delegates will receive training in a range of subjects including: <ul style="list-style-type: none"> <li>• Principles of safe manual handling;</li> <li>• Risk assessment;</li> <li>• Safe lifting techniques.</li> </ul>
<b>Maximum Number of Delegates</b>	10 attendees is the optimum number.
<b>Resource Required</b>	<p><u>Client to provide:</u></p> <ul style="list-style-type: none"> <li>• Training room to comfortably accommodate all delegates with 240V power supply</li> <li>• A range of objects in various sizes and weights</li> </ul> <p><u>Trainer to provide:</u></p> <ul style="list-style-type: none"> <li>• Training Equipment (course notes and presentation package)</li> </ul>

**To book, Phone 08456 122144 or email us today [training@healthandsafetypeople.com](mailto:training@healthandsafetypeople.com)**