

COURSE OVERVIEW

# Manual Handling

THIS-107



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Each year in the UK, hundreds of thousands of workers suffer injuries linked to manual handling. Musculoskeletal disorders affect over 472,000 workers annually, with manual handling responsible for 27% of all non-fatal injuries reported under RIDDOR.

This course is designed to address these risks by teaching safe manual handling techniques.

## **Module 1: Injuries**

Manual handling refers to the transporting or supporting of a load by hand or bodily force. This includes lifting, lowering, pushing, pulling, carrying, or moving loads, whether the load is an object, person, or animal.

- Definition of manual handling
- Types of injuries and how they are caused
- How to prevent and control back injuries

## **Module 2: Safe Lifting Techniques**

Lifting, carrying, pushing, and pulling heavy items are significant contributors to back pain. Poor manual handling contributes to over 7 million lost working days each year, affecting more than half a million workers.

- Safe lifting loads
- TILEO
- Lifting techniques

## **Module 3: Reaching and Stretching**

In this module, you'll learn safe practices for reaching items stored at height and using equipment to access or work above floor level.

- Reaching and Stretching
- Avoiding unnecessary injury
- Precautions to be taken when stretching

## **Module 4: Working with Ladders**

Working at height is a leading cause of workplace fatalities and serious injuries in the UK.

- Actions to take to prevent ladder accidents
- Use of ladder types
- Ladder safety
- Safety checks to be carried out
- Precautions when using a ladder

**Suitable for:**

All employees and Health and Safety advisors.

**Skills achieved:**

- Health and Safety (Basic)

**Related Resources:**

- Accident Management System Assessment
- Safety Signs Assessment
- Young person Task Risk Assessment
- Accident Management System Audit

**Benefits:**

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

**Estimated Time:**

45 Minutes

**Related Courses:**

- Fire Safety for Team Members
- Fire Safety for Team Members Irish Law
- Fire Safety for Managers
- Fire Safety for Managers Irish Law
- Fire Safety for Fire Marshals
- Fire Safety for Fire Marshals Irish Law
- Slips and Trips
- Bomb Threat Awareness
- First Aid Awareness