

COURSE OVERVIEW

Working with Loads

TIMHS-114



Over 12 million working days are lost annually in the UK due to back injuries caused by lifting, pushing or attempting to move loads incorrectly.

This course provides essential safety training for anyone who moves items, covering core manual handling techniques and extending this knowledge to crucial safe practices for operating or working alongside trolleys, forklifts, and cranes, ensuring comprehensive load safety across all common workplace scenarios.

Module 1: Injuries

Working with Loads refers to the transportation or support of a load by hand or machine and moving it either by bodily force or mechanically. 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: Mechanical Lifting Aids

Mechanical aids are devices or equipment that can assist you in manual handling tasks. They can reduce the physical effort, force, or strain required to move or lift objects or materials.

- Types of lifting aids and when to use them
- Use of trolleys
- Safe pulling and pushing techniques
- The role of a banksman
- Forklift Safety

Suitable for:

All employees, managers and supervisors who operate or assist in the use of Power Assisted Lifting Equipment, or Health and Safety Advisors.

Skills achieved:

- Health and Safety (Intermediate)

Related Resources:

- Accident Management System Assessment
- Contractor Selection Assessment
- Contractors Assessment
- Hazard/Vulnerability Risk Assessment
- MEWP movement of cranes Assessment
- Safety Signage Assessment
- Young Persons Task Assignment Assessment
- Accident Management System Audit
- MEWP movement by Crane Audit
- Risk Management Audit
- MEWP Movement by Crane Checklist

Benefits:

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

Estimated Time:

40 Minutes

Related Courses:

- Understanding Safety Management
- Essentials of Protecting Employees
- Manual Handling
- Working with Height
- Personal Protective Equipment
- Hand and Arm Vibration Syndrome
- Contractor Management
- Risk Management
- Accidents and Reporting
- First Aid Awareness