

Duration & learning approach

Half day course:

- Classroom & EMP practical exercise (not mandatory)
- Written assessment (approx 30 minutes no pass/fail criteria)

What you will learn

By the end of the course delegates will:

- Have a better understanding of workplace manual handling hazards
- Understand how to effectively reduce exposure to hazards
- Safely conduct manual handling tasks

Overview

Topic areas covered include:

- The law – you & your employers responsibilities
- Spine / musculoskeletal disorder (MSD)
- Identify workplace hazards
- Risk analysis & risk control (TILEO)
- Practice effective moving principles (EMP)
- Mechanical aids

Who this course is for

All persons in the workplace.

Course requirements

None.

Make a booking

For more information or assistance, please contact Jan Newberry:

Email: training@southwestwater.co.uk