

## **Manual Handling Training Course**

### **BASICS**

Manual handling training by UK Construction Training can be carried out at our training centre in London. Or, provided your premises or site has both an area for the practical training and an indoor room in which to carry out the theoretical elements of the course, we can also conduct the training at any location of your choice nationwide (minimum 4 delegates required).

Manual Handling has a place in every aspect of our lives, whenever one moves an object; this can be deemed as a Manual Handling operation. Most think of Manual Handling simply as lifting, this is not the case, the following definition is from the [Manual Handling Operations Regulations 1992](#) and states :-

*"manual handling operations" means any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or by bodily force."*

### **THE COURSE**

Most courses start between 8.00 and 9.00am and finish at approximately 1.00 – 1.30pm. The course will enable the candidate to carry out material handling safely in the workplace in compliance with the relevant regulations. To minimise the risk of manual handling related injuries the course will cover:

- Regulations: What is required
- Manual handling activities
- Factors that cause the problem
- The outcome of poor manual handling
- Task analysis: Task - Individual - Load - Environment
- Kinetic handling techniques practical including - Lifting, Lowering, Pushing, Pulling and Carrying
- Team Lifting
- Lifting aids
- Practical assessments
- Written Test

The training involves candidate participation with the emphasis on the practical element of the training.

The assessment and written test are to provide written evidence of trainee participation, retention and comprehension for the organisation's records.

### **COST**

<b>No of Delegates</b>	<b>Price</b>
1 – 6	£85
7 - 9	£65
10 – 12	£55

I hope this meets with your approval and we look forward to receiving your instruction in the very near future. In the meantime and should you wish to contact us please telephone 0870 8507964 or email [admin@ukconstructiontraining.com](mailto:admin@ukconstructiontraining.com)

Assuring you of our best attention at all times,

UK CONSTRUCTION TRAINING LTD