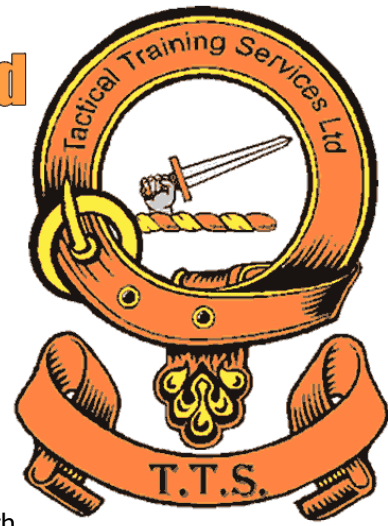


## Course Outline



### Manual Handling

**Competencies:** Manual Handling Awareness

**Who Should Attend?** Any employee who is required to carry out manual handling tasks whilst at work

**Aims:** To ensure learners are fully aware of the hazards associated with moving and handling objects.  
To provide learners with the skills and knowledge to lift and move objects in a safe and correct manner and in accordance with current legislation

**Learning outcomes:** After the session learners should be able to:

- Have knowledge of the components of the spine
- Identify typical manual handling injuries
- Carry out a simple mental assessment of the task prior to manual handling
- Know the rules for safer lifting and moving
- Know the rules for special lifts i.e. one handed, team, overhead etc.
- Know the rules for pushing and pulling objects
- Have knowledge of legislative guidelines for lifting and moving

**Provider:** To be arranged by Tactical Training Services Ltd

**Duration:** 1½ to 4 hours

**Number of Places:** 06 to 12

**Cost:** Call 07787788811 for latest prices

### How do I reserve a place on a course?

To enquire about reserving a place on one of our forthcoming courses, or in-house training please contact Dave Pattinson at Tactical Training Services Ltd on 07787788811 or via email on [info@tactical-training-services.co.uk](mailto:info@tactical-training-services.co.uk)

