



Moving & Handling (Objects and People) 1 Day Course - £120pp (inclusive of VAT)

Course Aims

To understand the key principles of moving & handling and how to apply these in the working environment.

Who Should Attend?

Anyone who carries out manual handling tasks as part of their job role.

Course Objectives:

By the end of the session you should be confident and proficient in moving and handling and your understanding of:

- Common manual handling injuries
- Manual handling laws
- Responsibilities of employers and employees
- Risk assessments
- Safe movement principles associated with manual handling, including the body's:
 - Musculoskeletal system
 - Centre of gravity
 - Lever system
- Manual handling equipment:
 - Types of manual handling aids and equipment, Maintenance and requirements for testing
- Manual handling practical sessions:
 - Solo lifting
 - carrying and lowering an object
 - Team manual handling, Using equipment

Bookings of up to a maximum of 8 staff for face to face delivery during Covid-19 restrictions. **Sessions can also be delivered remotely** via Microsoft Teams, Zoom, Skype etc. Please contact us on 01563 556130, Option 1, for further details or complete the attached enquiry form.

<p>DATES</p> <p>Dates can be booked to suit your requirements.</p>	<p>LOCATIONS</p> <p>We can attend your premises or alternatively you can come to our newly refurbished training centres in Kilmarnock, Glasgow or Coatbridge. *Our premises meet current government requirements in relation to Covid-19*</p>	<p>TIMES</p> <p>9am - 4:30pm</p>
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