

MANUAL HANDLING TRAINING



Back injuries strike millions of workers every year, resulting in lost time, wages and productivity. And nowhere is this danger more pronounced than in your material handlers. Show them the proper back safety techniques and illustrate exercises for strong and flexible muscles.

- **Aim / Objectives:**

To Increase awareness of safe manual handling of loads and to reduce the risk of occupational injury while carrying out manual handling tasks in the workplace. To identify the skills and techniques involved in safe lifting, putting down, pushing, pulling, carrying or, moving a load. To gain practice and gain feedback on these

WHAT IS MANUAL HANDLING?

Simply, manual handling is the movement of items by human energy.

Manual handling includes lifting, holding, pushing, pulling, shifting and lowering. In fact, any form of human exertion could be included – with or without the use of mechanical aids.

COURSE CONTENT

- Workplace Hazards, Risks of Injury, Exposure Controls
 - Anatomy of Spine, Structure and Functions
 - Body Mechanics, Normal Movement, Dangerous Movement
 - Safe Manual Handling, Eight Principles of Safe Lifting, Theory, Practice
 - Injury Prevention, Exercise, Diet, Rest, Sleep.
- Sensitive risk groups

TARGET POPULATION

- Any person who is involved in manual handling in the workplace and wants to learn how to move and handle loads safely.

DURATION:

One day.

