



Manual Handling

Module Purpose

This module provides the learner with the knowledge and skills to identify, recognise the need for, and adopt methods to control manual handling risks, thereby reducing the frequency of injuries.

This module can be used for both refresher training and initial training.

- For all field personnel who carry out manual handling tasks
- Frequency 3 yearly

Summary of content

- Occupational Health & Safety Act 2004
- Manual Handling Code of Practice 2000
- Risk Assessment and Control
- Effects of manual handling on the body
- Factors resulting in manual handling injuries
- Preventive back and neck care
- Manual handling techniques
- Control strategies
- Local manual handling issues

Identify the regulations and hazards associated with Manual Handling in the workplace

Demonstrate safe manual handling techniques

Course Duration

- Initial 4 hours
- Refresher 2 hours

Group Size

6-8 participants

Want to know more

For further information about this course please refer to our contact details on this page.