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Manual Handling Update Download PDF

Course Aim

To know how to safely carryout manual handling tasks putting safety first for you and others.

Learning Outcomes By the end of this course you will:

- Know what manual handling is
- Know the relevant legislation around manual handling
- Be aware of both employees and employers' responsibilities
- Know of the basic anatomy and function of the spine
- Be familiar with common back problems
- Understand ergonomics and fitting the task to the person
- Know the correct manual handling techniques for lifting, pulling and pushing
- Know how to ask somebody to perform a lift

Manual Handling Update

For people who need to know how to safely carryout manual handling tasks, putting safety first for you and others.
More Information

E-Learning

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