



## Inhouse ½ Day Manual Handling

### Aims

To provide the learner a good understanding of how to safely undertake a manual handling operation. This course will provide delegates with the knowledge required to ensure employees within an organisation understand how to carry out or manage manual handling operations.

### Who Attends

Anyone undertaking or managing manual handling operations.

### Course Content

- Introduction
- What is Manual Handling?
- The law regarding Manual Handling
- The dangers of incorrect Manual Handling
- The structure and function of the spine and musculoskeletal system
- How to control and minimise the risks involved in Manual Handling
- Safe use of Manual Handling lifting aids and equipment

### Course Duration

This is a Half Day course.

### Maximum Candidates

Maximum attendees: 12 Candidates

### Qualification Obtained

Completion Certificates are issued by Sibbald.

### Entry Requirements

The minimum entry requirement is a good understanding of spoken and written English.

### Additional Information

#### **E-learning**

A basic introductory level e-learning course is available on this topic and can be purchased online here -

<https://www.sibbaldtraining.com/course/ST-EL-MH1/E-Learning-Manual-Handling-Courses>