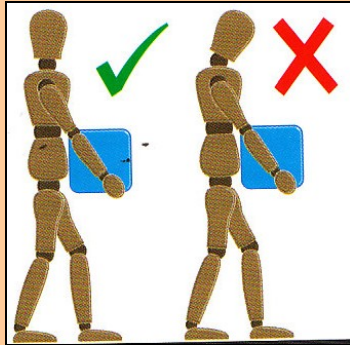
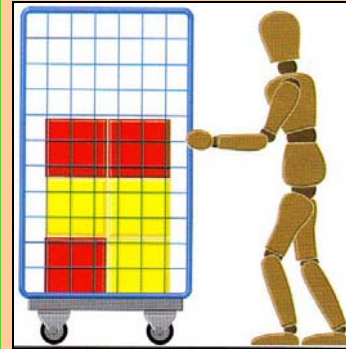


Manual Handling Operative course

A certificated Half day course



This is an excellent course which is designed to cover the key skills needed to avoid injury with manual handling operations and how efficiency can be maintained.



**Attendance dates to meet YOUR needs
at YOUR place of work or at a venue of your choice.**

Delivered by a Tutor who is a Chartered Safety & Health Practitioner

Course includes:

- *Legal duties, Risks of injury, types of injuries, how these are sustained, longer term effects, WRULD and RSI, back injuries and safe working methods.*
- *How to protect against spinal injuries, load limits, reach, kinetic lifting, pushing, pulling, lifting equipment, awkward and heavy loads..*
- *Basic assessment of loads, procedures for handling, Case study for evaluation and work based application for evaluation.*
- *Control systems, various hand operated and power assisted equipment, team working and risk assessment awareness.*

Course notes included, **Half days tuition** (typically 0900 to 1230)

A certificated (plus passport card) course with multi choice test on completion.
(you can have as few as you like in the group or the max permitted or even 1:1 tuition)

Course content and duration may vary as a result of changes needed to comply with the requirements of legislation or necessary updates, but details were correct at the time of publication.

Quotations by BST are provided for the course to meet your specific requirements and will vary dependant on the number of candidates, distance, and venue etc.

Bespoke Safety Training & Consultancy Limited

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