

# Safe Techniques for Manual Handling



## Introduction

The Manual Handling Operations Regulations 1992 give employers guidance on the measures which should be taken to avoid injuries resulting from manual handling.

## Objectives

This course looks in depth at correct procedures for manual handling, not only from the perspective of what is needed to ensure compliance with legislation, but it also endeavours to make the delegates aware of the problems of incorrect handling can cause and how.

## Who Should Attend

This course is a must for anyone who undertakes manual handling operations or is responsible for employees that do.

## Programme

- Assessment of Risks
- Principles of the Manual Handling Operations Regulations 1992
- Back pain, how it is caused, the importance of good posture and muscle groups
- Principles and practice of correct Manual Handling
- Assessing the risks, tackling awkward situations and best practice

### Duration

½ Day

### Venue

Maple House  
Business Centre or  
On Site

Note: On successful completion of the course (including a theoretical test) delegates will receive a Certificate of Attendance.

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### The Health & Safety Service Limited

Suit 5, Maple House, Queensway Business Park, Queensway, Telford TF1 7UL  
Tel: 0845 163 4444 / Fax: 01952 288269 / E-Mail: [info@thehss.co.uk](mailto:info@thehss.co.uk) / Web: [www.thehss.co.uk](http://www.thehss.co.uk)