



Legal/Best Practice



Skill Builder

Career Builder

Health and Safety – Manual Handling – Operations

Course Code: CTO14

The Manual Handling Operations Regulations 1992, require employers to be responsible for ensuring that all employees who lift or move loads are trained. This course will help employers comply. It teaches delegates how to identify risks and determine the safest method of handling to avoid injury. The course can be individually tailored.

Who is it for?

- Employers
- Employees who lift or move loads

Course at a glance

- Health and Safety law and regulations and Manual Handling regulations
- Anatomy of the back
- Lift technique, push and pull, strain, kinetics and posture

- Stress and hazards
- Load restraint and mechanical aid operation (optional)
- What is manual handling?
- Risk assessment
- Safe systems of work
- Practical/workplace review
- Course assessment and review

	At Brandon Training Centre	On-site
Duration	½ day	½ day
Cost	£95 + VAT	£99 + VAT
Minimum number of delegates	1 – attending an Open Course Booking	8
Maximum number of delegates	12	12
Certification	Brandon Training Certificate with Training ID Card. Records are available to view on-line	

Note: All pricing is based on Per Delegate rates unless otherwise indicated. For more information or to book a training date, please contact the Training Team on: 01179 718 555 or www.brandontesting.co.uk