



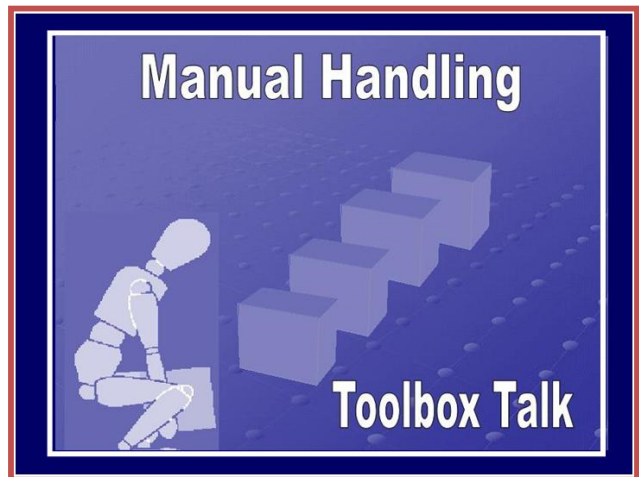
Emergency Planning Solutions

FIRE / HEALTH & SAFETY TRAINING.

Tel – 01244 – 550253

Manual Handling Toolbox Talk

The aim of this training Course is to make personnel aware of safe manual handling and to avoid injury. It will ensure that managers, supervisors and operatives have appropriate competence to enable the organisation and staff to meet their legal duties under the Manual Handling Operations Regulations 1992 (MHOR).



What is Manual Handling?

The transporting or supporting of a load by hands or bodily force. This includes:

- Lifting
- Carrying
- Putting down
- Pushing
- Pulling
- Moving
- Supporting



Course contents:

- Introduction to manual handling
- Definition of manual handling
- Manual handling regulations
- Employer, employee's duties
- Back Anatomy
- Causes of injuries
- Kinetic Lifting.
- Lifting Safely

Each Training Course includes:

- Full set of Training notes
- Certificate of Attendance.
- Course evaluation form.
- Course Attendance form.
- Training Record form.

Duration – Two Hours

Back Injuries

What causes back injuries:

- Increase force/stress
- Repetitive Motion/twisting
- Forward bending
- Poor or improper lifting techniques
- Poor posture
- Poor Job design
- Poor physical fitness

