



Manual Handling

Manual Handling is any activity requiring the use of force by a person to lift, lower, push, pull, carry, or otherwise manipulate, move, hold or restrain an object, person or animal.

Our 1/2 day course is HSE approved and consists of classroom presentations and practical sessions for up to a maximum of 10 people per session and will cover:

- Manual Handling Regulations 1992 (Health & Safety)
- Handling statistics
- Functions of the spine
- Correct movement of loads
- Injuries
- Lifting aids

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