

Manual Handling & Refresher Training Courses

Changing the way you work...forever!

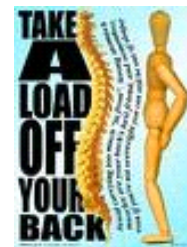
Occuhealth provides an insight into the risks associated with moving and handling and teaches safer lifting and carrying techniques. To comply with current Health and Safety legislation, staff engaged in manual handling must be given training in safe lifting techniques. This course will show your staff how to lift correctly and therefore compensation claims. Back injuries caused by incorrect lifting techniques are one of the most frequent causes of workers compensation claims.

Who should attend?

- All employees in the workplace and should be part of the Induction process for any new employee.

What they will learn and what is involved?

- How to risk assess and move objects safely, therefore ensuring that all risks are reduced to the lowest level.
- The law relating to Manual Handling, associated roles and responsibilities, relevant health and safety information
- Spinal anatomy, relevant structure and function
- Causes of back pain and other handling related injuries
- Risk assessment
- Lifting techniques and team handling (Practical)



Assessment

- Continuous assessment by trainer
- Practical demonstration and written questionnaire

Certificate

Valid for 3 years, is issued for attendance

Features

Duration of Course: 4 hours

Delivery Method: Presentation Practical and written questionnaire and practical demonstration of safe lifting.

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