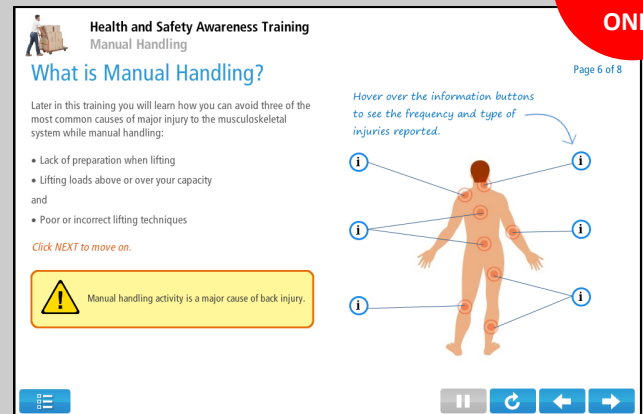
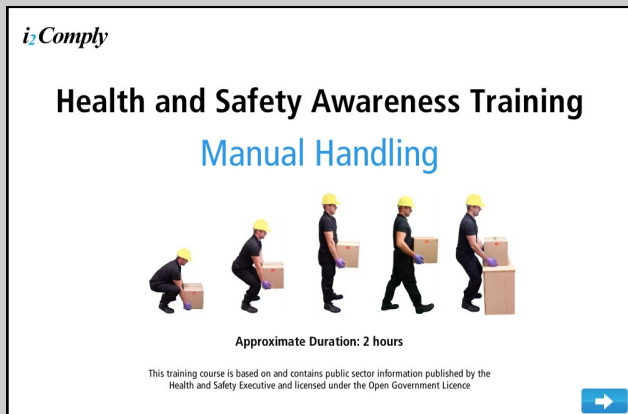


ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Manual Handling Awareness

**£15
ONLY**



Our online Manual Handling Awareness training provides learners with the knowledge they need in order to reduce the chance of incurring an injury whilst manually handling loads in their work environment.

This online training only provides awareness education. Face to face training would be needed in addition in order to complete the all round skills and knowledge to be able to carry this forward practically in your organisation.

The approximate duration of this training is 2 hours.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

The course has been accredited by the CPD Certification Service and approved by RoSPA.

The assessment is generated from question banks so that the questions change each time a candidate takes the assessment – making the training suitable for initial and refresher training.

There is no limit on the number of attempts at the assessment and informative feedback is given so candidates can learn from their incorrect responses. A certificate with the CPD and RoSPA logo, is available for download on successful completion of the assessment.

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i2Comply

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Manual Handling Awareness

WHAT IS MANUAL HANDLING

- What is meant by the term manual handling.
- Examples of common manual handling activities.
- Examples of typical manual handling injuries.
- The frequency of manual handling injuries in the workplace.
- Three common causes of manual handling injury in the workplace.
- Legislation that aims to reduce the incidence of manual handling injuries in the workplace.

THE MUSCULOSKELETAL SYSTEM

- The function of the spine.
- The key attributes and components of the spine.
- How discs in the spine allow the vertebrae to absorb shock.
- The action of the facet joint and how injury can occur.
- What a prolapsed disc is and the age group at particular risk of this injury.
- The causes of Musculoskeletal Disorders (MSD) and actions that can be taken to avoid them.
- The action to take if you suffer a manual handling injury.

CONTROLLING THE RISKS

- The sequence of actions used to control the risk of manual handling injury.
- Two solutions that can be used to reduce the risk of injury when handling heavy or bulky items.
- The most common cause of trips and falls and how this can be avoided.

RELATIVE WEIGHT INCREASE

- The factors that determine whether you can lift or carry a load safely.
- What is meant by relative weight increase.
- Changes in the level of risk as a load is moved away from the centre of the body.
- The impact that twisting the spine has on the relative weight of a load.

PREPARING FOR THE LIFT

- How to assess the risks before lifting.
- How to check the route of the lift.
- The travel distance and height.
- Examining the load.
- Gripping the load.
- When PPE is needed.
- When mechanical aids are needed.
- When more than one person is involved in lifting a load.

LIFTING TECHNIQUE

- How to lift, carry and place a load safely.
- The difference between good and bad lifting technique.
- The common causes of handling, lifting and carrying injuries.

PUSHING AND PULLING

- The approximate percentage of manual handling accidents caused by pulling and pushing.
- Why pushing is considered less risky than pulling.
- The correct posture to adopt when pushing a load on a trolley.
- How the terrain can affect pushing and pulling a load.
- The potential consequences of overloading a trolley.
- What you should do if equipment is faulty.

HANDLING IN RESTRICTED SPACES

- Examples of situations where movement is restricted.
- Why there is a greater risk of manual handling injury when movement is restricted.
- How you can lower the risk of manual handling injury when seated.
- The level of risk posed by the posture of a person when movement is restricted.

PSYCHOSOCIAL OR NON-PHYSICAL RISK FACTORS

- What is meant by the term psychological risk factor.
- Examples of psychological risk factors.
- How psychological factors can increase the risk of injury.
- The measures that can be applied to reduce the risk of injury due to psychological factors.

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