

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Manual Handling Awareness

Health and Safety Training
Manual Handling Awareness
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Relative Weight Increase

Although the actual load that can be handled will depend upon the individual, HSE provides risk assessment guidelines for the weight to be lifted in good working conditions and with a good grip and stable body position.

▶ Click NEXT to move on.

	Women	HSE Recommended Low Risk Weight	Men
Shoulder Height	7 kg		10 kg
Elbow Height	13 kg		20 kg
Knuckle Height	16 kg		25 kg
Mid Lower Leg Height	13 kg		20 kg
	7 kg		10 kg

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Preparing for the Lift

STEP 1: CHECK THE ROUTE

For the entire route you intend to take, check for anything that might affect your ability to lift and handle the object.

For example check that:

- ◆ There is enough room to manoeuvre.
- ◆ The floor is even and not slippery so that you can get a firm footing.
- ◆ Any steps or stairs can be negotiated.
- ◆ There are no trip hazards or obstructions.
- ◆ The lighting is adequate.
- ◆ You are prepared for adverse conditions.
- ◆ You have somewhere to rest the load along the route if necessary.

▶ Click NEXT to move on.

- ✓ Assured by RoSPA Qualifications
- ✓ Audio voiceover
- ✓ Approximate duration 2 hours
- ✓ Downloadable certificate on completion

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.

Employers must comply with the **Manual Handling Operations Regulations 1992**, as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002.

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.

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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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