



Course Syllabus

Manual Handling

This course is aimed at anyone with the responsibility moving and handling objects within their working environment.

The aim of this course is;

- To raise awareness of the impact that Manual Handling has on the health and well being of staff

By the end of the session candidates will be able to:

- Identify the legal responsibilities with regards to moving and handling
- Identify the basic anatomy of the spine and explain why it is at risk from incorrect manual handling operations
- State the principals for con trolling manual handling risks and apply this in a practical context
- Engage in a discussion around the issues of good and bad manual handling techniques
- Discuss and demonstrate competence in manual handling techniques

A certificate of attendance will be awarded to all successful candidates who complete this course.

Next Steps?

Contact our Learning & Development team at Aspen Wolf Ltd on 0191 581 1000 to discuss your specific training needs.