

# Manual Handling Training

The manual handling training course provides the necessary information and training for organisations to comply with the Manual Handling Operations Regulations 1992.

## Who should take up this course?

The manual handling course is aimed at all levels of employers and employees who may undertake manual handling operations.

Manual handling accidents account for more than a third of all accidents reported each year to the enforcing authorities. It is estimated that in excess of 500,000 people in Great Britain suffer from a musculoskeletal disorder (MSD). This mainly affects the upper limbs or neck that was caused by, or made worse, by their current or past work.

After carrying out a risk assessment of the manual handling task, the person responsible must take appropriate steps to reduce the risks of injury from manual handling. Plant Testing Ltd designed this manual handling course to provide the relevant information and training that will ensure good practices that minimise the risk of manual handling injuries.

## The training:

The course is divided into four accessible, interactive modules and includes an assessment at the end:

- **Introduction to manual handling:** Why do we have to follow the methods of manual handling? What types of injuries can be caused? The duties of employers and employees. The consequences of getting it wrong.
- **Risk Assessment:** Can we take alternative steps to avoid manual handling? Assessing the risk and the HSE guidelines.
- **Detailed Risk Assessment:** The task. The load. Is it more than a two person lift? Assessing the area. The individual's capacity.
- **Risk reduction and control measures:** Mechanical Aids, changing the task and/or premises layout, personal protective equipment, good handling techniques for lifting, good handling techniques for pushing and pulling and training
- **Self-assessment**

## Aims of the manual handling training:

To ensure that the manual handling operations are carried out correctly and safely to minimise injury in your organisation.

## The course:

- Identifies the factors involved in the assessment and how to put control measures in place which are associated with the risks when manual handling.
- Explains how to undertake assess the task, and determine whether manual handling can be avoided through the use of mechanical means.
- Enables the candidate to identify and put control measures in place to minimise and control risk.

### **Theory test:**

The theory test is based on multiple choice questions of the training material that have been covered. You will be asked 20 multiple choice questions with a pass mark of 80%.

### **Do you comply with the manual handling operations regulations?**

The Manual Handling Operations Regulations 1992 require employers to ensure that all sources of risk are dealt with appropriately. If risk of a manual handling injury is foreseen, organisations must:

- Avoid the need for hazardous manual handling so far as is reasonably practical
- Assess the risk of injury from any hazardous manual handling that cannot be avoided
- Reduce the risk of injury from hazardous manual handling, so far as is reasonably practical
- Employees who lift, lower, carry, push or pull loads will typically require awareness training.

Manual handling accidents account for more than a third of all accidents reported each year to the enforcing authorities. It is estimated that around 9 million working days (full-day equivalent) are lost each year through musculoskeletal disorders (MSDs) that are caused or made worse by work.