

## Manual Handling Courses conveniently on your doorstep

Manual Handling training covers a wide variety of tasks including lifting, lowering, pushing, pulling and carrying. When any of these tasks are not carried out properly, there is a risk of injury.

GH Safety's Manual Handling Training Course is aimed at those who wish to gain a basic understanding of safe manual handling practices and principles which they can then apply to their individual work tasks.

### What does the Course Cover?

- Manual Handling Operations Regulations 1992
- What is Manual Handling?
- Related Injuries
- Risk Assessments
- Risk Reduction Planning
- Basic Rules and Good Handling Technique



[www.ghsafety.co.uk](http://www.ghsafety.co.uk)



For more information please contact us

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### Benefits of Manual Handling Training to your Organisation:

- Legal compliance with the requirement to train persons involved in manual handling activities.
- Reduction in the risk of injury & the cost of time/money associated.

These factors combined can reduce both lost time through work related injuries and/or potential employers liability claims.

### Course details

Duration: Half Day

Location: In House\* or at GH Safety Training Centre, Shrivenham

Course Price: £595 + VAT for a group of up to 12 (minimum 4 people)

Includes: Tuition, Course Notes, Sample Templates, & Certificate

Please call to discuss our group discount structure

\* Travel costs may apply.

Visit our website for our full range of training courses  
at [www.ghsafety.co.uk](http://www.ghsafety.co.uk) or call us on 01793 784334

**Successful  
delegates  
are awarded  
a Manual  
Handling  
Certificate**