



Manual Handling

Come on, put your back in to it! In most jobs, in almost all sectors, there are elements of manual handling. And with the moving of objects there is often questionable advice from well-meaning friends and colleagues.

Injuries as a result of manual handling equate to over one-third of all workplace injuries. This course provides the knowledge and skills to avoid you becoming a part of that statistic.

The Course

This course offers a comprehensive guide to best practice when it comes to manual handling. Ideal as part of a staff induction, as refresher training for existing staff or for those looking to go on to achieve a recognised manual handling qualification.

Areas Covered

- The definition of manual handling
- The LITE stairway to safety
- Safe lifting techniques
- Correcting lifting techniques
- Lifting with more than one person
- Examples of manual handling

Who Is It Aimed At?

Ideal for employee inductions, refresher training or anyone who will be involved in manual handling as part of their job role.

The course can also be used as part of the on-programme element of the new apprenticeship standards, supporting the knowledge, skills and behaviours apprentices need to effectively integrate into the workplace. No prior knowledge needed.

Typical Duration

30 - 40 minutes.

Certification

Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.

Activity - Examples of manual handling

Click the panel containing the correct method of moving or handling in the following scenarios.

Method A Method B

LITE stairway to safety

Over a third of lost working time injuries are due to manual handling-related incidents. When carrying out manual handling you should assess the risks. The LITE stairway is an easy step-by-step process that can help you with this.

Click each of the icons to learn the steps that make up the LITE stairway to safety.

I - The Individual

You:

- are you fit enough?
- are you ill or fatigued?
- any past/present injuries to consider?
- have you been trained in this load?
- what are your handling skills like?
- are you pregnant?
- are you familiar with the equipment?
- do you know the ability of your partner?
- do you need particular strength or some other type of physical requirement?

L I T E

