



EGAN SAFETY SOLUTIONS

Unit 14, Lee Park, Sitecast Industrial Estate, Pouladuff . Cork, Tel 021-4966560, Fax 021-4966576

Course Title	Manual Handling
Maximum Number of Participants:	10
Duration:	Half day
Certification	

Course details

Manual handling activities account for approximately 20-30 % of all occupational injuries in Ireland on an annual basis. Employers are required to assess the risk posed by manual handling to their employees, and to provide training in safe lifting techniques where Manual Handling is necessitated. This training will show your staff how to lift correctly and therefore avoid back injuries. This training will also provide employees with an understanding of the relevant factors which may affect them whilst undertaking Manual Handling.

Successful completion of this course should ensure that employees who are carrying out Manual Handling activities can do so without risk to their Health and Safety.

Objectives

On completion of the course participants will be able to,

- Lift and handle loads safely,
- Recognise a load which is too heavy or awkward,
- Understand the limitations of the spine and muscular system

Programme

- Legislation (2005 SHWW Act, 1993 General Applications Regs, Part VI),
- Dangers of careless and unskilled methods,
- Principles of levers and laws of motion,
- Anatomy of the spine and muscular system,
- Fitness and flexibility requirements for safe Manual Handling,
- Specific Manual Handling hazards relevant to the workplace,
- Risk Assessment for Manual Handling Tasks,
- Individual risk factors
- Practical Manual Handling techniques,
- Procedures for dealing with unfamiliar loads,
- Ergonomics: Practical application to workplace environment,
- Practice in safe handling of loads:
 - Lifting to and from ground level
 - Lifting to and from a height
 - Pushing
 - Pulling
 - Lifting bags/sacks

Should you require any further information, or wish to make an enquiry regarding the above, please use our [booking form](#)