



Utility and Construction Training Limited

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# Manual Handling

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## Who Should Attend

Operatives

## Prerequisites

None

## Aims

To instruct people who lift and handle loads on a daily basis in the correct methods of manual lifting and handling.

## Objectives

On completion of the course, delegates should be able to:

- List the main injuries caused by incorrect manual handling.
- State the main points of law relating to manual handling.
- Explain the techniques of safe manual handling.
- Practise warm up exercises.
- Correctly lift and carry loads using safe manual handling techniques.

## Duration

½ Day

## Contact

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