

## Manual Handling Training (CPD)

### OVERVIEW

Under the Health and Safety at Work Act, it is the duty of an employer to ensure no employee is put at risk while manually handling a load. Under the act it is a requirement that employees are trained in how to safely handle loads without mechanical assistance. The Manual Handling course is designed to provide participants with the knowledge to conduct all manual handling activities in a manner that will prevent injury. The course deals with informing participants on the consequences of lifting incorrectly, the philosophy being that if persons understand the consequences of incorrect lifting they will pay more attention to lifting correctly.

### Benefits:

- Understand the consequences of incorrect lifting
- Understand the mechanics of the spine and muscular system
- Understand the 8 principles of safe lifting

### Course Content:

- Employer and employee obligations
- Structure and function of the spine
- Types of back pain
- Causes of back pain
- How to avoid backache
- Methods of lifting, putting down, loading & unloading
- Methods for pushing, pulling and reaching
- Dealing with different load types and alternative methods of moving loads
- Safe packaging of loads
- Basic manual handling rules & exercises before commencing work

### Our Guarantee

- Instruction by an expert facilitator
- Small interactive classes
- Specialized manual and course materials
- Personalized certificate of completion

To book a place on this course, call our booking line on +353 (046) 9249618 or e-mail [info@midasgroup.ie](mailto:info@midasgroup.ie) or book online