



NORTHERN COUNTIES SAFETY GROUP LTD

Safety Training & Services to Industry

FACT SHEET

Safe Handling and Load Moving

Introduction

This course of training is intended for all personnel who are required to carry out manual handling operations on construction sites and workshops

Course Aims

The course of training is intended to develop the knowledge and competence of construction personnel to enable them to understand how musculoskeletal injuries occur; the consequences of injury; and how to adopt the correct manual handling posture to reduce and avoid injury; and use lifting aids to reduce risk of injury

Objectives

At the end of the course delegates will: -

- Understand and know how manual handling injuries are caused and the risks to them.
- Understand the need to plan for safe manual handling operations, and how to identify safer alternative methods of lifting and moving loads.
- Be able to carry out a simple manual handling risk assessment.
- Know the principles of safe manual handling.

Trainee Numbers

A maximum of 18 trainees to one instructor will be permitted providing facilities are suitable.

Course Duration - Half day (3½ hours)

Achievement Measurement

Skills and knowledge will be assessed throughout the course by the use of questions and answers, practical exercises, instructor observations and a final knowledge retention assessment questionnaire.

Method of Delivery

The course will consist of sessions using presentation, video, syndicate exercises, demonstrations using examples of materials to be lifted or moved, and discussion opportunities.

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