



## Manual Handling of Loads

Manual handling also known as Moving and Handling, are suitable for people who may undertake manual handling operations and/or moving and handling practices. If it's not done safely, it can cause serious injury to service users and staff.

In this course it will provide you with an introduction to the safe manual handling practices, so you know how to carry out an individual risk assessment and use equipment safely.

At the end of the training participants will be able to:

- State their obligations and that of their employers with regard to manual handling
- Understand the consequences of poor manual handling practice
- State the actions to be taken in the event of a manual handling manoeuvre being required at their place of work
- Identify the correct manoeuvre for use on a range of different manual handling situations.

