

Manual Handling Course

IIRSM & CPD Approved

Manual Handling, or to be accurate, incorrect manual handling, is one of the most common causes of injury at work. To try and combat manual handling problems, the Safety, Health and Welfare at Work (General Application) Regulations 2007. Chapter 4 of Part 2: Manual Handling of Loads lay out duties for both employees and employers.

They give a general requirement that employees must be trained to manual handle loads correctly, including the use of any equipment their employer provides to handle loads safely. The Manual Handling course outlines exactly what constitutes manual handling and covers the regulations and legislation that apply to manual handling tasks.

It then goes on to cover safe handling techniques and how to develop good habits concerning manual handling. It finishes off by introducing some practical solutions and the use of mechanical aids.

Training your employees with our online system will go a long way to giving them greater awareness of the dangers that poor manual handling poses, as well as covering safe handling techniques, practical solutions to manual handling issues and the use of mechanical aids.

Please note that the online course is an awareness course only, this course includes a practical manual handling assessment in our Longford training centre, please get in touch with us to arrange this.

Course	Module Number	Module Name	Pass % Required
Manual Handling	1	What is Manual Handling?	75
Manual Handling	2	Manual Handling Regulations	75
Manual Handling	3	Safe Handling	75
Manual Handling	4	Learning Safe Handling Habits	75
Manual Handling	5	Practical Manual Handling Solutions	75
Manual Handling	6	Use of Mechanical Aids	75

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 75 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)