

Manual Handling

Overview

Duration: Half Day

This manual handling skills course will provide attendees with an insight into the importance of taking care of their body and in particular their back and neck when lifting, pushing, or pulling objects.

They will also be provided with an understanding of the regulations surrounding manual handling, as well as clear techniques and guidance for correct manual handling techniques.

Description

Lifting and handling is something we do every day, most of the time we don't actually think about the risks and the damage that we could bring to ourselves.

Damage, injury and pain due to poor manual handling techniques is only a lift away – even in the safety of your own home you are at risk.

It is estimated that 1.1 million people in Britain suffer from musculoskeletal disorders (MSD) caused or worsened by their current or past work. Often the MSDs are as a result of manual handling incidents. An estimated 12.3 million working days were lost in one year as a result of such incidents, with each sufferer taking an average of 20 days off.

Nearly all jobs involve some form of manual handling, and the use of poor techniques to move material is the most common cause of injury at work.

Topics covered:

- **Types of accidents** – An overview and statistics of the typical types of accidents that occur in the workplace, highlighting that accidents involving manual handling are by far the most common form of incident.
- **Definition of manual handling** – A clear explanation and review of what manual handling means according to the Manual Handling Operations Regulations 1992.
- **Understanding your anatomy** – Explanation of the function and role of the spine. How injuries can occur and the best working positions for the spine, including a description of the spine as a lever.
- **The Main Causes of Back Pain** – Establishing what causes back pain typically to be more aware of the issue.
- **Manual Handling Regulations** – An overview of the regulations surrounding manual handling, including the employee and employer's duties.

- **Assessment and lifting** – Guidelines and demonstration on how to assess and manage a safe load. Using the LITE technique to demonstrate this, which is Load, Individual, Task, Environment.
- **The Six Point Lift** – Following this lifting technique to ensure a lift can be performed as a smooth process placing the minimum of effort, stress and tension on the body and helping to reduce the likelihood of a cumulative injury.
- **Practical lifting examples** – A practical exercise to carry out several lifting techniques and ensure the participants understand and can carry out safe lifts.

Who Should Attend?

Anyone involved in lifting, pulling or pushing of any kind in the workplace.