

# McCann HESA Training

## Manual Handling

### Course Reference: 104

This course aims to provide employees working with an understanding and awareness of Manual Handling and their individual and collective responsibilities under the organisation and legislative policies.

### Objectives

On completion of the course learners will:

- Identify associated hazards before and during the handling of materials.
- Identify the associated risks.
- Identify and use required PPE correctly.
- Carry out assessment of items to be handled and associated risks.
- Carry out correct lifting techniques.
- Identify alternative handling methods.

### Course Content

- The spine
- Definition of Manual Handling.
- Manual Handling Operations Regulations and obligations.
- Identification of hazards.
- Reducing the risks.
- Management responsibilities.
- Employee responsibilities.
- Lifting equipment.
- Lifting methods.

### Course duration

3 hours

### Assessment and Certification

A summative written and practical assessment will follow the completion of this course or group of courses.



HESA Accredited Course