

# 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.

Delivered in your workplace or at our training facility.  
For prices and availability contact:  
Ersyol Errol on **07967 588 492** or email [training@jmccann.co.uk](mailto:training@jmccann.co.uk)