



MANOR HOUSE HEALTH AND SAFETY

Manual Handling – of loads

Course Duration	Half Day (This course includes a practical session) Delegates MUST be able to partake in the practical aspect of the course. Safety footwear must be worn. NB Attendance Certificates will not be issued to delegates who do not comply with PPE requirements.
Who will Benefit	Everyone who has the potential to move lift or carry anything while at work.
Relevant Legislation	The Health and Safety at Work etc Act 1974 The Management of Health and Safety at Work Regulations 1999 Manual Handling Operations Regulations 1992 Provision and Use of Work Equipment Regulations 1998 Personal Protective Equipment at Work Regulations 1992
Course Objectives	To ensure that delegates have a thorough knowledge of the hazards posed by all manual handling activities To ensure all delegates understand the reasons for manual handling regulations. To ensure all delegates are shown the correct method of lifting/moving objects relevant to their work activity
Maximum Number of Delegates	10 -15 depending upon room size

Premises need to have a mains electricity supply, comfortable seating for all delegates, and suitable area for the practical session.