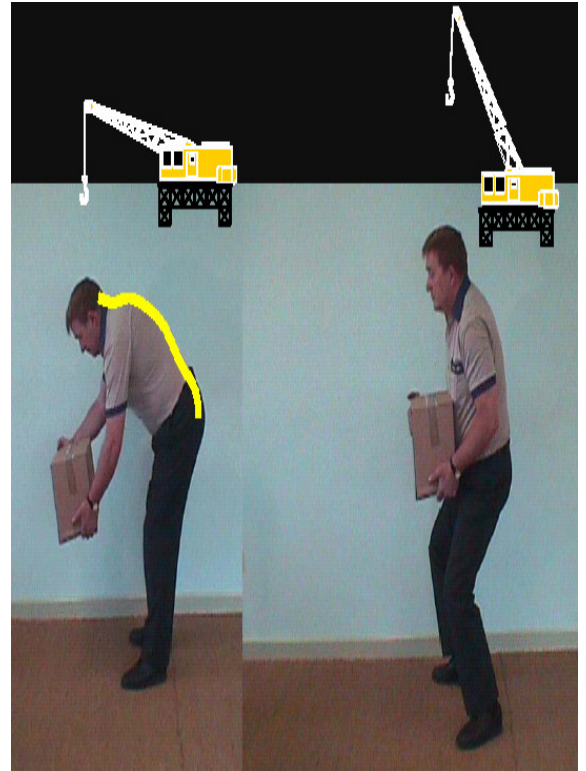


manual handling training



Factors to consider in manual handling:

Characteristics of the load

Physical effort required

Characteristics of the working environment

Requirements of the activity

* Objectives

- * The trainee will understand how the back works.
- * How important it is to avoid wear and tear on the spine and prevent a slipped disc injury.
- * Understand and be able to **demonstrate** the 8 principles of manual handling.
- * They will be competent to complete a questionnaire, achieving at least a 70% pass rate.

* Aim

- * Trainees at the end of the training session will be able to lift properly
- * Back pain is an affliction that affects about 80% of people in the western world.
- * Advanced technology is part of our downfall.
- * The body was built for movement for physical activity.
- * Physical fitness through manual labour is what rewards underdeveloped peoples

Training Schedule:

- * Duration 9am – 4.30pm
- * Lunch Break 1.00pm - 1.30pm
- * Training notes provided
- * Evaluation questionnaire at the end of training
- * Certificate provided on completion of course.



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