

Manual Handling Awareness

Course Aim

To equip delegates with the knowledge and skills to be able to carry out manual handling safety and without risk of injuring themselves or others.

Who Should Attend

Any staff required to conduct manual handling activities in the workplace.

Course Duration

1/2 Day

Course Content

- Reason for managing health and safety – moral, economic and legal
- Health and safety law applicable to manual handling
- How the spine works
- How injuries happen
- Manual handling risk assessment
- Control measures
- Safe lifting techniques (including practical element)

Certification

Delegates will be awarded a certificate of attendance on successful completion of assessment.

Location

The course is normally held on client's premises, and delivered specifically for their employees. If required, the course can be held on **Phoenix Health & Safety** premises at an additional cost. *Travel and accommodation costs may be charged additionally if the location is outside England or Wales.*

Price

£495 + VAT

for a maximum of 15 delegates.



Contact us

Please contact us if you would like to book one of these courses, or if you would like further information about any of our other training programmes.

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