

Manual Handling

Duration:	1/2 Day	Time:	TBC
Venue:	Orkney College	Dates:	TBC
Cost:	£60.00		
Tutor:	Andrew Bowman		

Qualification:
Orkney College Certificate

Target audience:
Anyone requiring to improve manual handling techniques. A practical session on Manual Handling is conducted either in Orkney College Workshop or on site as per request of company.

Course content:

The course will include the following topics:

- Summary of regulations
- Lifting capacities
- The load
- Kinetic method of lifting

Course Objectives:

- Describe the functions and shape of the human spine
- State the main reasons why handling injuries occur
- Identify the hazards of 'top heavy bending'
- Demonstrate the techniques of base movement, and apply it to daily work activities

Appropriate clothing must be worn as you will be taking part in practical demonstrations.