

# Child Lifting & Manual Handling Course Overview

This course has been specifically designed to provide people working within the Childcare Sector with the information required to ensure that all manual handling activities and child lifting tasks are carried out in a safe manner.

**Duration: 3-4 hours**

## Course covers:

- Current legislation
- L.I.T.E. Risk Assessment
- Manual handling related injuries
- Ergonomics
- The 8 Principals of Safe Lifting
- Safe Child Lifting Techniques
- Anatomy of the spine, skeleton & major muscles of the body
- Exercise, Stretching, Posture & Backcare in everyday life
- Course Assessment (short written & practical assessment)



On completion of the course participants will receive an **Advanta Safety Manual Handling & Child Lifting Certificate.**

This course is delivered by a registered and certified Manual Handling & Risk Assessor Instructor & Patient/People Handling Instructor.

For further details or to book a place

contact **01 8439900** or email us at

**[advanta.safety@gmail.com](mailto:advanta.safety@gmail.com)**

or visit our website at

**[www.advantatraining.ie](http://www.advantatraining.ie)**

Other courses available include: Occupational First Aid Course (FETAC Level 5), Occupational First Aid Refresher Course, Cardiac First Response (PHECC), Emergency First Aid, Health & Safety in the Workplace, Food Hygiene, Equality & Diversity in the Workplace.

