

Manual Handling Course Overview

This course is designed to provide participants with the information required to ensure that all manual handling activities are carried out in a safe manner. The course covers the Eight Principles of Safe Lifting, the consequences of lifting incorrectly, and also covers areas such as human anatomy and the importance of posture and exercise.

Duration: 3-4 hours

Each course covers:

- Current legislation
- T.I.L.E. Risk Assessment
- Manual handling related injuries
- Ergonomics
- The 8 Principles of Safe Lifting
- 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 Certificate** which is valid for 3 years.

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

For further details or to book a place

contact **01 8439900** or email us at

advanta.safety@gmail.com

or visit our website at

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.

