

# Manual Handling (Archived)

## Introduction

This course gives useful practical advice for all staff on how to reduce the risk of injury from manual handling. The course provides organisations a level of compliance to meet many of their health and safety training obligations



## Audience

This course is intended for all staff.

Although this course forms part of an induction programme for new starters, it is also intended for all practitioners who want to improve their knowledge and continue their professional development.

## Objectives

This course will enable you to:

- Know the key pieces of legislation that relate to manual handling
- Know who is responsible for manual handling in the workplace
- Understand the importance of safe manual handling
- Learn the importance of thinking first
- Learn how much you can lift
- Know the basic techniques of good lifting practice
- Know what to think about prior to lifting
- Understand the principles around team lifting
- Learn how to move and handle people
- Learn about the workings of the spine
- Learn how a spine can get damaged whilst lifting
- Learn what causes back pain
- Learn how to treat back pain
- Learn how to strengthen your back

## Content

Here are some of the topics covered in this course:

What is manual handling? | What is the problem? | Safety first | Who is responsible? | The employer's role | Avoid lifting | Mechanical aids | Identify hazards | Your condition | What should you do? | Think before you lift | How much can you legally lift? | Lifting guidance | Plan and prepare | Check its weight | Position your feet | Bend your knees and get a good hold | Keep a neutral spine | Tighten your abdominal muscles | Lift with your legs | Maintain your centre of balance | Avoid twisting | Put down | Pulling and pushing | Team handling | Team handling tips | Moving and handling people | Lifting adults | Lifting children | Lifting disabled people | The spine | Vertebra | Natural curves | Nerves | Damage to the cord | Spine being compressed | Spine leaning over and bent | Slipped disc | Back pain | The past, present and future | Back treatment | Stretch your back | Muscle control