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This course will satisfy your organisations training obligations under the 2007 Manual Handling Regulations and the Safety Health and Welfare at Work Act, 2005.

Duration: 3 Hours

Participants who have completed this course will be able to:

- Recognise a load, which is too heavy or awkward
- Understand the limitations of the spine and muscular system
- Lift and handle loads safely

Course content:

Theory:

- The law and its application to the manual handling environment
- Muscular-skeletal system
- Biomechanics and mechanism of injury
- Flexibility
- Ergonomics and risk assessment
- Basic principles of lifting

Practical Application:

- Lifting to and from ground level
- Lifting to and from a height
- Lifting to and from a bench
- Pushing
- Pulling
- Two person lift



Examination:

Written Test and Manual Handling Skills assessment by Instructor.

Course Validation:

The course is structured in accordance with the guidelines issued by the Health & Safety Authority and fulfils current Health & Safety Legislation requirements. A certificate of attendance will be issued to all participants who successfully complete the course.

NB: Flat shoes and loose clothing e.g. tracksuit should be worn for the practical aspects of this course