

### Manual Handling Awareness



#### In a nutshell

The course covers the general principles of manual handling accident prevention, raising the levels of safety awareness. It will assist in involving employees in health and safety improvement, teach delegates proper lifting techniques (kinetic lifting) and enable them to conduct simple manual handling risk assessments. As such, it can assist in highlighting common hazards likely to be encountered in most workplaces.

This course can be tailored to meet business requirements and working environments.

#### This course is for you if...

...all employees, including first line supervisors, with no formal manual handling training.

#### What will I be doing?

The course will cover how to:

## COURSE INFORMATION LEAFLET

Identify common hazards likely to be present in the workplace.  
Use proper lifting techniques (kinetic lifting).  
Conduct simple manual handling risk assessments.  
Appreciate relevant legislation - HASWA 1974, Manual Handling Regulations 1992. Appreciate how their actions may endanger themselves, fellow workers or people passing through the workplace.

Although this is a non-assessed course candidates will undertake:

Lifting techniques  
Identify risks and propose remediation  
A health and safety quiz

### **What is expected of me?**

This course requires you to have an understanding of your working environment.

### **What comes next?**

Candidates who successfully complete the course can be awarded a Coleg Gwent certificate of attendance and may also wish to progress to our full range of accredited health and safety qualifications such as CITB Site Safety Plus or IOSH Managing Safely.

### **Additional information**

This course is normally delivered over a half day (3 hours). Delegates who successfully complete the course are awarded a Coleg Gwent certificate of attendance.