

## Manual Handling Awareness



### In a nutshell

Even if you're not lifting heavy objects, learning about safe handling is essential to prevent accidents and injury. This course will help you learn the correct lifting techniques, conduct simple manual handling risk assessments and improve health and safety. The course can also be tailored to meet different business requirements and working environments.

### This course is for...

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

### Course content

A half-day course, this will improve your manual handling knowledge and help you:

- Identify common hazards likely to be present in the workplace
- Use proper lifting techniques (kinetic lifting)
- Conduct simple manual handling risk assessments



## COURSE INFORMATION LEAFLET

Appreciate relevant legislation - HASWA 1974, Manual Handling Regulations 1992 See how your actions may endanger yourself, fellow workers or people passing through the workplace

While this is a non-assessed course, you'll need to undertake lifting techniques, identify risks and propose solutions and take part in a health and safety quiz. On completion, you'll receive a Coleg Gwent certificate of attendance.

### Entry Requirements

There are no formal requirements.

### Additional information

After this course, you can progress on to various accredited courses.

Apply online at [www.colegwent.ac.uk](http://www.colegwent.ac.uk)

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