

Moving and Handling *(Manual Handling)*

About the course

This course gives people at work the knowledge they need to prevent back and other injuries. This course is essential support for all working professionals and can be tailored to suit your specific needs.

Who should attend

No previous knowledge is required for this course. It is essential information for everyone and will help employers to comply with the law which says all employees should have moving and handling training.

This course is also suitable for those who are responsible for overseeing moving and handling, and for those who are responsible for a new employee's induction.

What you will learn

You will learn what part legislation plays and how to move objects safely so that the risk of injury is reduced.

The length of the course

Four hours.

Course content

- Relevant Health & Safety information
- The spine and back care
- Causes of back pain
- Risk assessment
- Practical moves including moving and lifting

Assessment and certification

The course is assessed by continuous assessment and a multi-choice questionnaire. A certificate is awarded for successful completion of the course.

Where you can do the course

This course can be held in your premises throughout the UK.

Open courses are held in Wiltshire and Gloucestershire.

How much it costs

See price list.

Continued over ...



How to apply

You can book on to a course or organise in house training:

- on our website www.switchtraining.co.uk
- by email info@switchtraining.co.uk
- by phone **01666 823626**

