



Lifting and moving 1 day programme



Course Aims

To enable participants to;

- 1) Evaluative a load/handling activity to determine how it can be moved in reasonable safety.
- 2) Applying principles of human kinetics, lift and move loads in a safe and efficient manner, thereby reducing the risk of injury.

Course Objectives

By the end of this training programme, participants will be able to;

- 1) Describe the main components of the spine and the types of movements which can cause back injury.
- 2) Explain the cause of cumulative strain muscle injuries.
- 3) Show how it is possible to keep body stress to a minimum in a number of given handling activities.
- 4) List the duties of the employer and employee under the Manual Handling Operations Regulations 1992.
- 5) Identify the hazards from a manual handling activity considering the task, the load, environmental factors and individual capability.
- 6) Suggest ways to eliminate or control a handling hazard or unsafe handling practice.
- 7) Make use of lifting aids and equipment.
- 8) Devise and demonstrate safe handling techniques applying the principles of human kinetics.

Course Outline

Accident statistics

Typical accidents in handling

Definition of human kinetics

Cumulative strain

Mechanics of the spine

Principles of good movement

Practical experiments

Manual Handling Operations Regulations 1992 (as amended)

Task, individual, load, environment

Recognising dangerous handling situations

Overcoming handling problems

Types of mechanical aids

Team lifting

End of course exam

Training Methods

Lectures, experiments and practical exercises.

Delegate numbers

Up to a maximum of 12 delegates

Programme times

0930 to 1630

For more information

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Alan Bunting MIIRSM, Dip NEBOSH, Grad IOSH, trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He has delivered over 100 manual handling instructor courses and some 350 basic programmes to many well known companies, police forces, fire services and local authorities.

He is a safety advisor to a number of small businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, risk assessments and method statements. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

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