



# Manual Handling Basic Programme



## Course Aims

To give course members an appreciation of good movement, to lift and handle loads in a safe and efficient manner, by applying the principles of human kinetics thereby reducing the risk of injury.

## Course Objectives

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

- 1) Describe the main components of the spine and the types of movement that can cause back injury.
- 2) Explain how cumulative strain can lead to muscle Injury even when no load is handled.
- 3) Show how it is possible to keep body stress to a minimum in a number of given handling activities.
- 4) Recognise harmful handling situations and explain how they could be avoided.

## Who will benefit from this training course?

The principles of good movement apply to everybody, whether they lift and carry loads at work or at home, if it isn't done properly, a strain or sprain can occur. Manual handling accidents account for more lost time from work than any other cause.

## **Course Outline**

Accident statistics

Typical accidents in handling

Definition of human kinetics

Cumulative strain

Mechanics of the spine

Principles of human kinetics

Practical experiments

Recognising dangerous handling situations

Overcoming handling problems

## **Training Methods**

Lectures, discussions and practical exercises.

## **Delegate numbers**

Up to a maximum of 10 delegates per programme

## **Programme times**

0900 to 1200 and / or 1300 to 1600

## **For more information**

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## **Alan Bunting Dip NEBOSH. Grad IOSH. MIIRSM.**

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

### **Training sessions include:**

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

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