

Sage Safety and Training Ltd

I6 Dowding Way
Leavesden
Watford
Herts. WD25 7GA
T: 01923 679764
F: 01923 672574

2C, Brunel Close
Drayton Fields
Daventry
Northants. NN11 8RB
T: 01327 705460
F: 01327 700164



E: training@sage-safetyandtraining.co.uk

W: www.sage-safetyandtraining.co.uk

Manual Handling

More than a quarter of the accidents reported each year to the enforcing authorities are associated with manual handling. With litigation and damages now becoming commonplace when an injury has been sustained it is important that proper training is given to employees to ensure that they are not injured whilst transporting or supporting loads by hand or body force.

Who should attend? All personnel who can be expected to carry a load of any description or carries out repetitive tasks whilst at work

Prior knowledge An awareness of Health & Safety issues would be an advantage but not essential.

Course content

- Manual Handling legislation.
- Manual Handling Operations Regulations 1992.
- Company Handling Assessments.
- How to conduct assessments.
- Manual Handling Techniques
 - Lifting
 - Carrying
 - Pulling
 - Pushing
 - Palletising
 - Stacking

Duration of course ½ Day

Materials Course Handouts

Intended outcomes Delegates who successfully complete the course will receive the Sage Certificate of Manual Handling Training.

