

# Sage Safety and Training Ltd

Suite 10, Ground Floor,  
5 Hercules Way  
Leavesden Park, Watford  
Herts. WD25 7GS

2c Brunel Close  
Drayton Fields  
Daventry  
Northants. NN11 8RB



T: 01923 634177

F: 0845 459 2046

E: [training@sage-safetyandtraining.co.uk](mailto:training@sage-safetyandtraining.co.uk) W: [www.sage-safetyandtraining.co.uk](http://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.