

## Workshop Summary

The Manual Handling Operations Regulations 1992 set no specific requirements such as weight limits, but focus on a hierarchy of safety measures during manual handling operations. Employers have a duty to make a suitable and sufficient assessment of the risks to the health of employees by trained, competent people. This Workshop is offered to meet our workplace needs. It is delivered as a stand alone qualification and there are no specific prerequisites but it is recommended that delegates also hold the CIEH Foundation Certificate in Health and Safety in the Workplace (CIEH1) or IOSH Certificate "Working Safely" (IOSH 3).

## Who Should Attend

Anyone who carries out manual handling activities at work; those who need an introduction to the hazards of manual handling; risks involved; controls available and what to expect from a manual handling assessment.

## Benefits to You and Your Organisation

By the end of the Workshop, participants will be able to:

- Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations.
- Make a suitable and sufficient Assessment of hazardous manual handling operations in their organisation.
- Explain how incorrect manual handling techniques can cause injury.
- Better able to contribute to the Risk Assessment process in the workplace.
- Recommend ways of reducing risk of injury from those operations.

## Workshop Contents

- General Introduction
  - The process of Manual Handling
  - Manual Handling injuries
  - Anatomy of the Spine – Causes of Back Pain
  - Manual Handling Techniques
- Legislation
  - Health and Safety at Work, etc Act 1974 Sections 2 - 7
  - Management of Health and Safety at Work Regulations 1999
  - Manual Handling Operations Regulations 1999
- Manual Handling in Practice
  - Manual handling Assessment
  - Demonstration of Practical Assessment
  - Company Handling Assessment to date
  - How to record the Assessment

## Follow Up Workshops

Principles and Practice of Risk Assessment (CIEH2); Working Safely (IOSH 3); Office and Administration Safety (HSM3); Noise at Work Regulations (HSM4); Health and Safety for Health and Safety Representatives (HSM5)

## Consultancy Services

Risk Assessment; Risk Management; Audits; Office Inspections; COSHH Assessments; Occupational Hygiene Services; Documentation Reviews, Training Needs Analysis

*Any of our Workshops can be tailored and delivered In-Company. Contact us for more details.*

**Dates** 22 April 2010  
4 November 2010

**Fee** £195 plus VAT  
(inc. registration and certification)  
( CITB Grant available)

'Please note the above Workshop requires minimum attendance numbers'

