

## Manual Handling

The severe problem of musculo-skeletal injuries affects two thirds of employees – largely due to handling, lifting and carrying in the workplace.

Many back problems are cumulative, but nevertheless they have an impact on sickness, absenteeism and staff turnover and many employees consider early retirement due to back injury. Protracted law cases are a clear example of how the employer can be penalised where there is no training provision for staff.

ARC Training has devised a 4 hour course which will provide candidates with the knowledge to appraise the Manual Handling Operations Regulations in terms of reviewing workplace activities. The candidate will be taught how to recognise the type of injury sustained at work and how to implement preventative measures.

The following topics will be taught:-

- Responsibilities imposed by Manual Handling Operations Legislation
- Manual handling injuries and their causes
- Avoidance Measures
- Manual handling assessment and controls
- Reducing the risks
- Handling techniques
- Overview of PPC (Personal Protective Clothing/Equipment)
- Practical elements.

