

This comprehensive, three hour course introduces delegates to the hazards and risks involved in manual handling. It will equip delegates with the ability to develop safer manual handling techniques in the workplace, which will contribute to the reduction of accidents and injuries and in turn benefits both the employers and employees.

Duration	Certificate	Number of Participants	Delivery	Assessment
Half a Day	Valid for 3 Years	Up to 8	Classroom Instruction	Multiple Choice and Practical

### Who is it for?

All personnel who are required to carry out manual handling operations and require an understanding of how to safely and correctly lift objects.

### What does it cover?

- Current Legislation and Professional Guidelines.
- Mechanics and Function of the Spine.
- Risk Factors of Back Pain.
- Hazard Identification and Risk Assessment.
- How to Lift Correctly.

### On completion of the course:

All candidates successfully completing the course in full will be awarded an MGL Group Training Services Certificate.

**For further information or to make a booking enquiry, please contact:**

**MGL Group Training Services**

Email: [training@mglgroup.co.uk](mailto:training@mglgroup.co.uk) or Telephone: 0191 383 9900