

CALEDONIAN TRAINING ACADEMY LTD

MANAGING TRANSPORT COMPLIANCE



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SUMMARY: To provide delegates with a thorough understanding of how to minimise the risk of injury to themselves and others by increasing awareness of potential manual handling hazards in the workplace and their outcomes:

COURSE OUTLINE

Topics Covered during this course include:

- Manual Handling Regulations.
- Management of Health & Safety at Work Regulations.
- Accident statistics.
- The functions of the spine and muscular system.
- Typical injuries.

Hazard identification and assessment of:

- The task.
- The load.
- The working environment.
- Individual capabilities.
- Correct handling techniques.
- Practical exercises and tuition.

By the end of the course delegates will be able to:

- Summarise the legislation and manual handling regulations that relate to lifting in the workplace.
- Appreciate the financial impact on industry caused by injuries from poor manual handling.
- Identify and assess potential hazards and choose appropriate methods of risk control which includes the selection of any lifting equipment that may be required.
- Carry out manual handling techniques in a safe and efficient manner.

Certification: Successful candidates will be awarded a Caledonian Training Academy certificate.

Course Duration: 10 Candidate per trainer over half day (4 Hours).

Costings: Training course costs per candidate £30.00+Vat