



TRAINING THAT DEVELOPS  
*REAL CAPABILITY*



Manual Handling

HS020

## Manual Handling

The Safety, Health and Welfare at Work Act 2005 places a duty on every employer to ensure, so far as is reasonably practicable, the safety, health and welfare at work of all his employees which includes provision of the appropriate information, instruction, training and supervision. The Safety, Health and Welfare at Work (General Application) Regulations 2007, Part 2, Chapter 4, make specific reference to Manual Handling of Loads. This regulation requires every employer:

- To take appropriate measures to avoid manual handling, where manual handling cannot be avoided, to take appropriate measures to reduce the risk
- To organise workstations
- To ensure that employees who are involved in manual handling receive information, instruction and training on safe manual handling.

## Duration & Price

Duration: 0.5 day

Delivery mode: This programme is available In-Company

## Dates & Locations

*In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.*

## In-Company Training

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## What's covered?

### Introduction

- Aims & Objectives
- Legislative Requirement
- Injury Incidence

### Anatomy/ Biomechanics/ Ergonomics

- Back Injuries
- Repetitive or Cumulative Strain

### Risk Assessment

- Task – Avoid, Assess, Reduce, Train
- Load – Biomechanics
- Work Environment – Ergonomics
- Individual Capability

### Flexibility

- Practical exercises

### Practical Manual Handling

- Applying TILE assessment approach to all relevant workplace manual handling tasks and drilling the same for correct performance

Overview of Guidance on the Management of Manual Handling in the Workplace (HSA)

Note: The maximum number of people per course is 10

## Who should participate?

- Personnel carrying out manual handling tasks
- Supervisors/managers wishing to become familiar with manual handling risks and control measures

## What will I learn?

Participants achieve the following learning outcomes from the programme;

- Be aware of the necessity for safe methods of manual handling to reduce the risk of injury
- Understand the need to avoid manual handling by using mechanical aids where possible
- Assess the task using the TILE criteria (task, individual, load, environment)
- Implement the correct method of lifting ensuring minimal risk to self and co-workers
- Know how to safely execute all relevant workplace manual handling tasks

## Tutors



**Finbarr Stapleton**  
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**Nick Smyth**  
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