



A&L Healthcare Consultancy

Moving and Handling

Are you looking for Moving and Handling Training at your workplace?

The aim of this 1 day course is to provide delegates with the theoretical knowledge and practical skills of correct moving and handling procedures appropriate to their individual working environments.

Course Includes:

- Relevant legislation including Manual Handling Operations Regulations, 1992 (as amended)
- The importance of Manual Handling Risk Assessments
- Statistics on manual handling injuries
- Causes of back injury-anatomy of the spine
- High risk/unsafe lifting practices
- Introduction of manual handling aids. Practical demonstrations of safer manual handling techniques, using the principles of biomechanics
- Using the hoist effectively

For more information or to make a booking / discuss your requirements.

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