ct HEALTH & SAFETY

Manual Handling

CT Health and Safety
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iirsm APPROVED TRAINING

CPD CERTIFIED The CPD Certification Service

Manual Handling | cthealthandsafety.com

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Has your workforce received sufficient manual handling training?

Workplace manual handling injuries occur when employees transport or support loads, often in offices, warehouses, factories, hospitals, building sites and farms.

Every year, manual handling causes over a third of injuries that extend over 3 days.

This is why training is required for staff who lift, push, pull or lower loads, such as boxes, trolleys, animals and people.

HSE Executive

Who is manual handling training for?

Most businesses require employees to physically handle loads during some tasks.

If your staff need to move boxes or carry loads, this course will show them how to handle these loads safely.

What does the manual handling course cover?

The manual handling course covers:

- *How incorrect manual handling can lead to acute spinal damage.*
- *How pushing, pulling, lifting, lowering and handling can cause back injuries.*
- *How to avoid injuries from manual handling tasks.*

What is the benefit of manual handling training in your business?

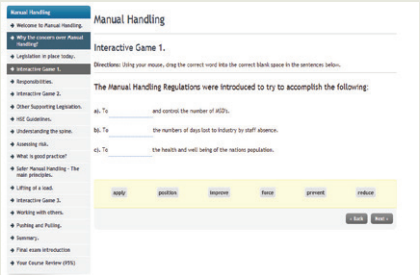
Manual handling training:

- *Helps you to meet all your legal requirements.*
- *Reduces the number of injuries in your workplace.*
- *Creates a safer, productive business environment.*

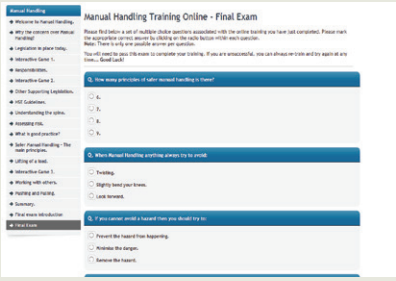
Our course helps you to assess risks of injury to your staff, reduce potential injuries and carry out steps to avoid hazardous manual handling where possible.

Staff can complete their training at any time to suit your needs.

Video Presentations.



Interactive Games.



Final Exam – Certificates Provided.

Effective training has an important part to play in reducing the risk of manual handling injury.

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