



Manual Handling Awareness Training

Target Audience & Prerequisites

This general manual handling session is a course that is suitable for all employees including front line workers, supervisors, line managers and directors. There are no prerequisites for undertaking this course. The skills and knowledge obtained during this course will help delegates understand the health and safety implications of manual handling activities. There are no formal prerequisites for undertaking this course.

Course Outline

Manual handling injuries and assessing ill-health

(injuries to the back and other parts of the body)

Manual Handling Legislation

(employer and employee requirements)

Manual Handling Assessment

(the task, load, environment and individual capability)

Lifting Techniques

(DVD)

Quiz and validation exercise

(Group work)

The impact of the course is often greatest when all employees from one company attend a session.

Accreditation & Reward

Following successful completion, you will be awarded a certificate of attendance issued by the Textile Centre of Excellence.

- Delivery:** The course is delivered and assessed by qualified tutors
- Duration:** ½ day programme
- Venue:** Textile Centre of Excellence or at client site (available on request)
- Cost:** £340.00 + VAT for members (maximum 10 candidates)
£400.00 + VAT for non-members (maximum 10 candidates)
- Contact:** Sian Patrick or a member of the Commercial Services Team