



Course title: Manual Handling – Inanimate Load Handling

Duration: Half day

Maximum number of learners: 16

Course overview:

This course has been developed to give useful practical advice and skills to individuals who use manual handling as part of their daily routines. The learner will develop knowledge and experience in a number of different manual handling techniques which can be used in a number of situations involving inanimate objects. Each learner will complete Modules A & B of the Wales Local Government Association Passport which can be used to evidence discussion and practical participation throughout.

Course learning outcomes:

By the end of the day, learners will be able to:

- Define the term 'Manual Handling'
- List the activities and factors associated with muscular-skeletal injuries
- Identify how a muscular-skeletal injury can affect the individual, the employer and society
- Describe the basic structure of the spine
- Identify measures to prevent muscular-skeletal injuries and other disorders
- Cite the relevant pieces of legislation and outline their implications
- Describe employers' and employees' responsibilities
- Define ergonomics and discuss its application in the workplace
- Cite the principles of safer handling of loads
- Identify the 4 key areas and other related factors to be considered when undertaking a safer handling risk assessment
- Undertake a formal risk assessment of an inanimate loads
- Identify how the principles of safer handling can be applied to the moving of awkward loads
- Safely demonstrate the following techniques: Pushing and pulling; safe lifting of a load from the floor or low level and passing an object to and from another person