

Manual Handling

Overview

Some 60% of injuries at work are caused by lifting heavy objects. This powerful, practical programme is designed to help stop any of your staff from becoming the next statistic.

Programme outline

1 Introduction and objectives

2 Overview of Health and Safety Legislation and HSE Injury Statistics

- Health and Safety at Work Act 1974
- Management of Health and Safety at Work Regulations (MHSWR) 1992
- MHSWR 1999 specific duties to risk assess
- Manual Handling Operations Regulations (MHOR) 1992
- Breakdown of injury statistics and costs of poor manual handling

3 The musculoskeletal system explained

- Prevention and ill-health
- Ergonomics
- RSI
- The spine in detail

4 Risk assessment

- General principles
- The TILE method
- Employees' duties
- Workplace scenarios

Who should attend?

This programme is suitable for all staff who lift and carry as part of their duties.

Format

A half-day session, for up to 12 people.

The expert trainer

Frances is a highly qualified (MA, BSc, FRSPH, Chartered Fellow CIPD, MCIEH, Post Grad Law Cert) independent consultant and trainer in the health and safety field with a postgraduate certificate in law.

Formerly a training manager in a large London hospital, and with a background before that in catering management, Frances is also a registered CIEH and RSPH trainer, a qualified Food Inspector and Mentor and Affiliate of the Institute of Fire Engineers. She also has experience as a senior lecturer at a London college.

She has extensive practical management experience and is a very popular trainer generally, and particularly in the hospitality and commercial sectors as well as with local and central government departments. With over 20 years' training experience in a diverse cross-section of organisations and holding various management and consultancy roles in global industries, Frances has a wide range of experience to draw upon.

See what people have said about her training:

- Lovely lady, well-paced training, well explained.
- Very good trainer!!
- Easy to understand, friendly atmosphere.
- Very good training.
- Very interesting and clear explanation.
- Helpful, approachable and knowledgeable.
- She's the best!
- Clear, concise and to the point.
- Very good – made the class enjoyable and easy to understand.
- Great!