

Equipment Hire,
Sales & Servicing

Tripods

Winches

Fall Arrestors

Harnesses

Lanyards

Mobile Anchors

Mobile Gantries

Davit Systems

Confined Space Kits

Gas Monitors

Breathing Apparatus

Escape Sets

BA Trailer

BA Trolley

Consultancy:

PSC H&S
Coordinator

PSDP H&S
Coordinator

Preliminary
H&S Plan

Construction
Stage H&S Plan

Safety Management
Systems

Safety File

Safety Officer

Safety Statements

Method Statement

Rescue Team

Training:

Confined Space

Working at Heights

Forklift

Manual Handling

MEWP

Fire Safety

Fire Warden

Emergency
Response

First Aid

Abrasive Wheels

Chemical Awareness

Manual Handling

Aim:

The aim of Manual Handling training is to provide trainees with the correct manual handling techniques in order to prevent back injury at work.

Objectives:

The objectives of the training are to give trainees:

1. an understanding of Health and Safety Legislation in relation to Manual Handling
2. an awareness of the structure, function and mechanism of the spine
3. an awareness of the type of injury that can occur and consequences thereof
4. an awareness of ways to prevent injury
5. an ability to carry out a Manual Handling Risk Assessment and
6. an ability to use correct manual handling technique

Course Contents:

1. Safety Legislation –
This covers the general duties of employers and employees as contained in the 2005 Act and the law in relation to manual handling as per the 2007 General Application Regulations.
2. Structure, function and mechanism of the Spine
3. Types of Injury to the Spine and the consequences of such injury.
4. Injury Prevention
5. Risk Assessment for manual handling tasks per Schedule 3 of the 2007 Regulations
6. Ergonomics and manual handling
7. Fitness for Work and the importance of Fitness in Preventing Back Injury
8. The 8 Principles of Manual Handling
9. Practical Demonstration and assessment - Lifting, Lowering, Pushing & Pulling
10. Team Handling
11. Video

The course consists of:

- a two hour powerpoint presentation
- an hour long practical demonstration where each delegate is assessed individually in the manner in which they apply the 8 principles of correct manual handling
- a twenty minute video to further reinforce the need to use correct manual handling techniques at work, in the home and in everyday life.

During the course items such as a replica adult human spine, a replica vertebra and disc and a demonstration lifting man are used.

This course fully complies with the Manual Handling Regulations 2007 and is delivered by a FETAC/QQI Level 6 qualified instructor.

Delegates: All courses have a maximum of 12 delegates.

Duration: 3.5 Hours

Certification: On successful completion of this course a Trade Safety Ltd Training Certificate will be issued.

