



WATA Knows... and you can too!

Health and Safety Courses

Manual Handling Instructor – 3 Days

A three-day course to enable personnel to provide basic in-house training for employees as required by health and safety legislation.

What does the course cover?

- Background to accident statistics
- Common and Statute Law
- Examination of the Manual Handling Operations Regulations 1992
- Workplace factors which affect manual handling
- Appraisal of body structure including bone structure, muscular system and nervous system
- The effects of lifting, lowering, carrying, pushing, pulling and supporting
- Harmful postures and movement
- 6 key factors of Kinetics.
- Practical instruction techniques
- Individual guidance
- Delegates demonstrating practical techniques
- Control measures for ergonomic workplace design

A written and practical test will be taken by the delegates at the conclusion of the course to confirm competency.

PLEASE NOTE: all delegates are required to allow approximately 2 hours study/preparation time on the first two evenings of training

Who is the course suitable for?

Personnel who require Manual Handling Instructor training. Delegates must be able to lift light boxes or similar objects from floor to table height.

Course Dates

2011: 12 – 14 Sep; 14 – 16 Nov

2012: 9 – 11 Jan; 26 – 28 Mar; 27 – 29 Jun;
10 – 12 Sep; 26 – 28 Nov

Course Fees: £585 + VAT per delegate
Including lunch, refreshments and course handouts

In-company courses by arrangement

Duration:

3 days (9:15 am to 4:30 pm approximately - please arrive 15 minutes before the course is due to commence)