



Come on, put your back in to it! In most jobs, in almost all sectors, there are elements of manual handling. And with the moving of objects there is often questionable advice from well-meaning friends and colleagues.

Injuries as a result of manual handling equate to over one-third of all workplace injuries.

This course provides the knowledge and skills to avoid you becoming a part of that statistic.

## The Course

This course offers a comprehensive guide to best practice when it comes to manual handling. Ideal as part of a staff induction, as refresher training for existing staff or for those looking to go on to achieve a recognised manual handling qualification.



## Areas Covered

- The definition of manual handling
- The LITE stairway to safety
- Safe lifting techniques
- Correcting lifting techniques
- Lifting with more than one person
- Examples of manual handling



## Who is it aimed at?

Ideal for employee inductions, refresher training or anyone who will be involved in manual handling as part of their job role.



The course can also be used as part of the on programme element of the new apprenticeship standards, supporting the knowledge, skills and behaviours apprentices need to effectively integrate into the workplace.

## Key details at a glance

<b>Typical duration:</b>	30-40 Minutes
<b>Audience:</b>	New starters and any staff involved in manual handling
<b>Prerequisites:</b>	No prior knowledge needed
<b>Assessment:</b>	Multiple-choice questions
<b>Certificated:</b>	Yes - Highfield Completion Certificate
<b>Demo:</b>	Yes
<b>LMS:</b>	Yes
<b>Compatibility:</b>	<b>Laptop/Desktop PC</b> Internet Explorer 11, Microsoft Edge, Google Chrome, Mozilla Firefox <b>Apple iMacs/Macbooks</b> Safari, Google Chrome, Mozilla Firefox <b>iPads</b> Safari, Google Chrome for Tablets <b>Android/Windows based tablets</b> Google Chrome for Tablets, Mozilla Firefox, Microsoft Edge, Internet Explorer 11 <b>NOTE:</b> <i>Enabling JavaScript and a stable broadband connection are required.</i>
<b>Localisation:</b>	EU legislation within a UK context, but suitable for international businesses that trade with EU and will be subject to the legislation.