

# MANUAL HANDLING AND LIFTING SAFELY APPRECIATION COURSE OBJECTIVES

To teach the principles of Human Kinetics, the relevant job safety knowledge involved in Kinetic Handling and the correct methods of manual lifting, carrying and lowering various loads and objectives. This course meets the relevant statutory requirements of the Employer in respect of the provision of adequate training for these applications, and is based upon proposed EEC Regulations for Manual Lifting & Handling.

## COURSE CONTENT (THEORETICAL)

- The need to train & statutory requirements
- Concepts of Human Kinetics
- Facts on Backs
- Lifting Safely

£65 per delegate

Duration: Half day

Venue: Myrick House, Hendomen, Montgomery, SY156EZ

## COURSE CONTENT (PRACTICAL)

- Posture
- Hand Mechanics
- Manual Lifting
- Pushing and Pulling
- Problems of Handling
- Strain Prevention
- Movement Analysis

**PLEASE NOTE THAT TRAINING COURSES CAN BE ARRANGED TO SUIT COMPANY OR  
INDIVIDUAL NEEDS AND CAN BE ARRANGED IN COMPANY IF REQUIRED**

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