

Manual Handling Training

Our course will provide information to assist in the prevention of accidents or injuries from the lifting or moving of objects of any kind.

The course describes the methods to be used when lifting or moving a variety of objects, the various causes of back-related injuries and how to use the muscles and joints in the body in the most efficient and relaxed way. Utilizing several training methods, it's practical, engaging and it's fun.

Our course contains:

- Identifying manual handling tasks
- Some facts and figures
- Types of injuries
- The spine and discs (and how to keep them safe)
- Good and bad lifting techniques
- Practical exercise (everyone tries out what they have learned)
- Test paper (if required)

Participants will be engaged throughout the course and are encouraged to contribute and participate from the start.

This course meets the requirements of the Manual Handling Regulations 1992 (revised 1998), which were made under the Health and Safety at Work Act 1974.

Manual handling training can be delivered on site, or at our training centre located three miles west of Brighton City centre.

All Sigta tutors are City & Guilds qualified (Certified in Manual Handling)

City & Guilds
Qualified

