

# Manual Handling Awareness

## CLMH01X

<b>Course Objectives</b>	At the end of the course candidates will be able to:		
	<ul style="list-style-type: none"> <li>• state the principles of safe lifting to minimize risk of injury</li> <li>• be aware of parts of your body that are at risk of injury due to poor handling techniques and understand common injuries and how they occur.</li> <li>• better recognize the risks of manual handling and how to help reduce them in your workplace</li> </ul>		
<b>Who is the Course For?</b>	Employees/self employed who work within a controlled environment.		
	People who work in a factory or office environment, whose range of manual handling tasks are limited. They would not tackle lifting in a changing environment. They may work for an employer who has already conducted and assessed the risks of manual handling. Factory/production workers whose main tasks are often similar or repetitive. People who wish to gain an insight into manual handling at a basic awareness level. As a rule of thumb, trainees who work predominantly inside.		
<b>Duration/Format</b>	3.5 hours		
<b>NVQ/SVQ Linkage</b>			
<b>Instructor/Trainee Ratio</b>	Max: 10		
<b>Course Content</b>	Introduction Lifting Tasks Practical Lifting	Anatomy and Physiology Conclusions and Action Plan	
<b>Facilities/Equipment required:</b>	<b>Organiser</b>	<b>Instructor/Tutor</b>	<b>Trainee</b>
	<p>Warm, dry and well lit area under cover for practical lifting exercises. The building needs to be within a short walking distance of the training room.</p> <p>Good lighting and heating.</p> <p>Washing and toilet facilities.</p> <p>Emergency exits, clear and marked.</p> <p>Fire extinguishers in place.</p> <p>H.S.E. requirements are fulfilled.</p> <p>First aid kit in place.</p> <p>Lapel name badges</p> <p>Flipchart or board</p>	<p>Sacks, various in weight to suit candidates</p> <p>Crate or similar to demonstrate lifting wide objects</p> <p>Square box with no lifting hand holds</p> <p>Object with one hand hold (possibly 25 litre drum or similar)</p> <p>6 house bricks and bricklifter</p> <p>Laptop with Powerpoint projector and screen or disc player and TV</p> <p>Video camera</p> <p>Manual Handling Awareness 2005 CD</p> <p>Gloves, overalls, protective footwear</p> <p>Lifting mannequin</p> <p>Lumber spine showing disc hernia</p> <p>Other props as required or supplied by venue/host</p>	<p>Gloves, overalls, protective footwear</p>
<b>Publications included in package</b>	HSE - Getting to grips with Manual Handling – A short guide		