

# 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 NVQ/SVQ Linkage Instructor/Trainee Ratio</b>	3.5 hours 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> 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. Good lighting and heating. Washing and toilet facilities. Emergency exits, clear and marked. Fire extinguishers in place. H.S.E. requirements are fulfilled. First aid kit in place. Lapel name badges Flipchart or board	<b>Instructor/Tutor</b> Sacks, various in weight to suit candidates Crate or similar to demonstrate lifting wide objects Square box with no lifting hand holds Object with one hand hold (possibly 25 litre drum or similar) 6 house bricks and bricklifter Laptop with Powerpoint projector and screen or disc player and TV Video camera Manual Handling Awareness 2005 CD Gloves, overalls, protective footwear Lifting mannequin Lumber spine showing disc hernia Other props as required or supplied by venue/host	<b>Trainee</b> Gloves, overalls, protective footwear
<b>Publications included in package</b>	HSE - Getting to grips with Manual Handling – A short guide		