



# Manual Handling

**Duration: 4 hours (1/2 day)**

**Non Accredited**

## Accreditation

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**This workshop is currently not accredited, however a certificate of attendance can be provided for C.P.D purposes.**

## Introduction/Summary

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**More than 25% of the accidents reported each year to the HSE are associated with Manual Handling.** TheLightBulb's 1/2 day manual handling training course will provide your staff with the knowledge needed to reduce the risks from manual handling activities and understand the basic technique for completing a safe lift.

This workshop can be tailored to meet your needs and delivered at your own premises. For in house training there is a **maximum limit of 8** attendees.

## Content

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**The workshop aims to cover the following content:**

- Legislation
- Ergonomics
- Back care
- Statistics
- Duty of care
- Risk assessment
- Use of the equipment
- Moving of everyday items
- Transferring of people and loads manually
- Trainer assessment of the candidates

## Requirements/Pre-Requisites

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There are no pre-requisites for this course.