



This Blended Manual Handling Training Course is designed for any person who undertakes any form of manual handling in the workplace. Simple moving and handling situations require awareness of the hazards and an understanding of the need for best practices to reduce the risk to the individual and the organisation. As over 30% of the accidents/incidents reported to the Health and Safety Authority (HSA) on an annual basis are due to moving and handling accidents, it is necessary to take a proactive approach to the issue.

COURSE DURATION

Two hours eLearning followed by a 15-minute practical skills assessment.

COURSE SYLLABUS

Safe Manual Handling

Possible Injuries

Prevention

Main Elements of the Back

Mechanics of the Back

Individual Risk Factors Affecting the Chance of Back Injury

The Role of Safety Statements as a Source of Information

Typical Manual Handling Activities

The Concept of Risk assessment

Identifying Safety Hazards

Effective Strategies of Dealing with Unfamiliar Loads

Use of Available Aids and Safe Workflows

Safe Handling Techniques

Cooperation with Colleagues

Maintaining a Safe Workplace

PPE

COURSE ASSESSMENT

15-minute practical skills assessments conducted by a Manual Handling instructor. Skills assessments must be pre-booked with EMS & Associates. All Manual Handling instructors carry a QQI Level 6 Special Purpose Award in Manual Handling Instruction.

CERTIFICATION

Upon successful completion of the course, participants will receive a Manual Handling Certificate from EMS & Associates.

ENTRY CRITERIA

No previous qualifications are required for learners to participate in the course. Any medical condition (including pregnancy) that would affect a participant's ability to complete the practical skills session must be discussed with the course instructor before the practical skills assessment.

FURTHER INFORMATION

For further information or to book a course, please call us on 041-9822933 or email us on info@emsandassociates.com