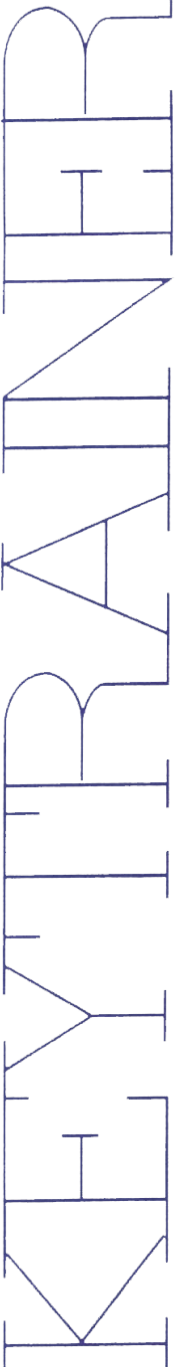


## Manual Handling Course Outline

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- Legal Implications
  - Anatomy of spine & muscular system
  - Fitness
  - Hazardous loads
  - Specific Manual Handling Hazards
  - Means to Avoid / Reduce Manual Handling
  - Good Handling Techniques / Practices
  - Lifting to & from ground level, waist level & a height
  - Pushing & Pulling
  - Dealing with unfamiliar loads
  - PPE
  - Good Housekeeping
  - Competence Testing
  - Review and Close

**THE COURSE CONTENT IS TAILORED TO SUIT AN INDIVIDUAL OR GROUP NEEDS**

**Duration:** Half day

