



# Manual Handling Training

## Course Overview

Every year, the Health and Safety Authority (HSA) confirms that lifting heavy or awkward loads – manual handling – is among the most common causes of workplace injuries, particularly back injuries. The employer's responsibility is to help avoid these injuries.

Under Health and Safety legislation, employers must organise work so that manual handling of loads is avoided where possible. Where manual handling is unavoidable, the work must be planned, or equipment provided, to minimise the risk. Guidelines from the HSA recommend that the most effective way of managing manual handling in the workplace is to develop a Manual Handling Programme and to provide training to reduce the risk of injury.

The OHSS course is designed for all employees involved in manual handling during their working day, and will show participants the correct lifting and moving procedures to avoid back injury while lifting in the workplace.

## Learning Objectives

On completion of this course, participants will be able to:

- Describe the main aspects of Manual Handling Legislation
- Describe the eight principles of Safe Manual Handling
- Apply these eight principles to manual handling tasks in the workplace

## Who Should Attend?

All employees in the working environment, who are involved in manual handling of any description, no matter how infrequently, should participate.

## Course Content

The course will cover the following modules:

1. Legislation
2. Structure of the spine
3. Injury to the spine
4. Fitness required to carry out manual handling
5. Hazardous loads
6. Means to avoid or reduce manual handling
7. Good handling techniques and practice

## Course Output

We set practical and written assessments. Course certificate are awarded on successful completion.

## Course Duration

3 to 4 hours.

## OHSS Safety Consultants

Unit 2 Beat Centre, Stephenstown Industrial Estate · Balbriggan · Co. Dublin  
Tel: 01 6905907 · Fax: 01 8020439  
info@ohss.ie · www.ohss.ie

