

HALF-DAY MANUAL HANDLING TRAINING SESSION

SESSION ONE:

- Introduction
- Law in relation to manual handling
- The back: how it works and how it can be injured
- Fitness for work
- Manual handling task assessment
- Principles of safer handling

FIFTEEN MINUTE BREAK

SESSION TWO:

- Practical inanimate load handling
- Applying the principles of safer handling to more complex tasks
- The passenger as a manual handling 'load'
- Problem solving

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