



ST BERNARD'S
SAFETY TRAINING INSTITUTE

www.healthandsafety.com.mt

Manual Handling Course

Suitability: This course is aimed to increase awareness of the importance of correct techniques for lifting, carrying, pushing and pulling loads as an individual and part of a team. It provides clear information on how to avoid risks of an injury from manual handling and how to manage any injury that might result until professional help arrives

Validity: 1 year

Course Duration: 2 hours

Course Assessment: At the end of the Manual Handling Course, participants are assessed by a multiple choice assessment sheet to assess understanding of main topics and any weaknesses are addressed to by the tutor

St Bernard's First Aid & Safety Training Institute is licensed by the National Commission for Further and Higher Education to conduct First Aid Courses to the general public. Our license number is 2014-FHI-002 whilst our SLC number is 12306

We are accredited by the Safety Training Awards (STA) of UK, to conduct Manual Handling Courses, which are worldwide recognized

The Manual Handling course is made up of the 4 sections, which are:

Section 1: Introduction to Manual Handling

Section 2: Inappropriate Manual Handling Injuries

Section 3: Manual Handling Hazards & Risks

Section 4: Safe Handling Techniques

Main Course Topics:

Introduction to Manual Handling

1. Definition of Manual Handling
2. The Importance of Safe Manual Handling
3. The Costs to Businesses of Inappropriate Manual Handling
4. The Costs to Employees of Inappropriate Manual Handling

Inappropriate Manual Handling Injuries

5. Inappropriate Manual Handling Examples
6. Common Causes of Injuries
7. Structure of the Human Musculoskeletal System
8. Commonly Affected Body Areas
9. Potential Injuries from Inappropriate Manual Handling

Manual Handling Hazards & Risks

10. Manual Handling Hazards and Risks
11. Risk Assessing of Manual Handling
12. Hierarchy of Control
13. Reducing Manual Handling Risks

Safe Handling Techniques

14. Principles of Safe Handling
15. Checks Prior to Lifting
16. Safe Handling Techniques
17. Lifting and Pushing of Loads as an Individual

18. Lifting and Pushing of Loads as Part of a Team
19. Types of Mechanical Equipment available for Manual Handling Tasks
20. Mechanical Lifting Equipment Checks
21. Safe Handling of Mechanical Lifting Equipment