



H3O Safety Ltd, First Aid and Safety Training.

Manual Handling Awareness Half Day Course

Cost £50 per person includes CD Rom with Course content & Certification.

Can be delivered either morning, afternoon or in the evenings if required, to suit shift workers.

More than a third of all over three day injuries arise from incorrect manual handling (lifting, lowering, pushing, pulling or carrying a load).

The EFR Manual Handling course is intended to provide students with an understanding of how to safely handle loads.

It covers practical aspects of lifting, lowering, carrying, pushing and pulling loads.

It also provides information on the human spinal system, risk assessment, the legal responsibility of employers to their employees, the HSW Acts, the Health and Safety at Work Act 1974 and Manual Handling Operations Regulations 1992 (As amended 2002) and techniques for the prevention of accidents.

The course involves knowledge development, and a series of practical exercises, followed by scenarios that allow the students to put their skills into practise.

Upon successful completion of the EFR Manual Handling Course you will be issued with the EFR Manual Handling Certificate.



Creating Confidence to CareSM

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