

Manual Handling Course – Performance Management

Duration: 4 Hours (1/2 day)

The course will include:

- Legislation
- Ergonomics
- Back Care
- Statistics
- Duty of care
- Risk assessment
- Use of the equipment
- Moving of every day items
- Transferring of people and loads manually
- Trainer assessment of the candidates

Pre requisites

There are no prerequisites for this course

For in house training there is a maximum limit of 8 attendees