

2 Hour – General Manual Handling Safety Course

Manual handling is the biggest cause of accidents at work, at some point in a persons life time, they will experience back pain or other symptoms from poor manual handling.

You have a legal requirement to train all your staff in safe manual handling procedures at intervals in accordance with your risk assessment to be legally compliant, so here is Swan Fire's solution to ensuring that you are in control with minimum fuss and minimal cost.

Course Aim:

To provide staff with the knowledge of safe moving, lifting and handling procedures and an understanding of their spine and the types of injuries incurred by incorrect lifting

Course Contents Include:

- Statistics
- Definition
- Anatomy & Injuries
- Mechanics
- Law
- Risk Assessment
- Lifting Safely
- Practical

Course Costs:

At your premises for 12 delegates for the all inclusive price of £395.00 plus VAT

We also offer a one hour condensed course for 12 delegates at £395 plus VAT which removes the section on written risk assessments where staff wouldn't be expected to carry these out.

This is a fun & logical course, which builds the confidence of delegates in the correct methods of lifting, moving and handling loads.



**Phone 01993 892000 to book, or email admin@swanfire.co.uk,
or visit our website www.swanfire.co.uk**

Giving you the control and knowledge to protect your business