

# Moving and Handling Awareness

**Duration:** Three Hours

**Designed for:** All personnel who require an awareness of their duties in relation to manual handling.

**Objectives:**

- To provide staff with an awareness of manual handling activities relative to their workplace.
- To introduce staff to manual handling techniques to safe guard themselves against back injury.

**Course Content:**

- Functions of the body.
- Causes of injury.
- Factors to consider.
- Assessing the risks.
- Control measures.
- Principles of carrying out manual handling tasks.
- Case studies.
- Group discussions and exercises.
- Course questionnaire, evaluation and close.

This course will include group discussions and exercises, finally concluding with a short multi-choice questionnaire.

On completion of the course a certificate will be awarded to each staff. The participating Company are presented with a Corporate Certificate.

**Course Cost: Price available on application.**

MK Fire Training  
0845 230 7744 or 07970 670869  
Email: mkfiretraining@btinternet.com

