



# Manual Handling

(Kinetic Lifting Techniques)



## Introduction

Manual handling at work is one of the most common causes of musculoskeletal disorders, specifically back pain, affecting employees of all ages. There are over 8 million lost working days due to work-related musculoskeletal disorders. With this in mind, the importance of effective manual handling training cannot be over emphasised.



## Course Duration

SSG offer this course over half a day as a classroom or virtual course.



## Course Attendees

This course is suitable for anyone involved in manual handling of any kind within the workplace or as part of their job.



## Course Programme

- What is manual handling?
- Why is good manual handling important?
- Common injuries
- The structure and the function of the spine
- Manual Handling Operations Regulations 1992
  - Employer / employee duties
  - Avoid, assess, reduce
  - TILE – Task, Individual, Load, Environmental
- Good handling techniques



## Training Certification and Assessment

Delegates will be assessed by a summative assessment at the end of the course. On successful completion of training, delegates will receive an SSG course attendance certificate which is valid for three years.



## Suggested Follow on and Complementary Courses

- Manual Handling Instructor and Assessor
- IOSH Working Safely
- Emergency First Aid at Work