

## **Manual Handling**

The European Community Manual Handling Regulations first became law on 1st January 1993 and concerns the minimum Health & Safety Requirements where there is a risk, particularly of back injury, to workers.

This course is designed to assist companies to comply with their duties by training of personnel, so that they will be in a position to conduct their manual handling duties with the minimum of risk & fully complies with the 1992 Manual Handling Operations Regulations.

### **Who Should Attend**

Anyone who, in the course of their normal working duties needs to manually handle loads either in an office or workplace/warehouse environment.

### **Course Content**

#### **Outline Of The Health & Safety At Work Act**

#### **The "Six Pack" Regulations - Overview**

#### **Manual Handling Regulations Outlining Areas Such As The Task, The Load, Equipment, Working Conditions & Employees**

#### **Types Of Accidents Caused By Incorrect Handling**

#### **Correct Handling & Lifting Techniques**

A certificate of attendance is issued for each trainee



Telephone:- (01952) 550048  
Fax:- (01952) 551148

[www.aes-training.com](http://www.aes-training.com)  
Email:-[safety@aes-training.com](mailto:safety@aes-training.com)