

Manual Handling Techniques

This course aims to introduce learners to the hazards, harms and controls associated with manual handling operations and to give learners the opportunity to practice good lifting techniques. It meets with the requirements of the ENTO Standards Unit C, Develop procedures to control risks to health and safety.

Learners will be able to demonstrate their understanding by:

- > stating their legal responsibilities in relation to the Manual Handling Operations Regulations,
- > identifying when to use lifting aids,
- > outlining key features of the spine,
- > listing the types of injuries associated with manual handling operations,
- > describing the key features of a kinetic lift,
- > demonstrating an ability to adopt the correct lifting techniques when moving a range of loads and recognising when assistance is required.


**For further information about this course and its availability
or for details of other courses on offer, visit our website or telephone 01642 777899**

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ets deliver innovative courses that
combine interactive multimedia with the
best traditional teaching methods to
deliver effective and enjoyable learning.