

Manual Handling, Noise + Vibration

COURSE DURATION	3 hours
CERTIFICATION	1-3 years depending on risk assessment
QUALIFICATION	N/A
ASSESSMENT	Underlying knowledge-checking with questions and answers
ADDITIONAL SUBJECTS (and bespoke content)	Additional subjects could add extra time to your course. If you require bespoke content, please get in touch.
RENEWAL	Repeat the course. We provide an email reminder service.
MCG POLICIES (details on request)	MCG has an equality and diversity policy and a robust complaints policy and procedure – we treat all opportunities to improve our service with positivity and respect. Our GDPR privacy policy and general terms and conditions are available to view at www.mcgtraining.co.uk .

MANUAL HANDLING – HSE and IOSH content-compliant

- The law and responsibilities
- Potential injuries to employees, costs to employers, common causes of workplace injuries
- Protecting the body – understanding the spine, lever system and centre of gravity
- Safe movement principles when preparing for a lift and moving a load
- Basic principles and advantages of risk assessment
- Practical session (if time permits)

NOISE – HSE and IOSH content-compliant

- The law and responsibilities
- Main causes of hearing damage
- Regulation specifics
- Action levels
- What is being done and what more can be done to reduce the risk of injury and ill-health?

VIBRATION – HSE and IOSH content-compliant

- The law and responsibilities
- What is vibration, how to measure it and some basic equipment
- Ill-health due to vibration – HAVS and whole-body vibration damage
- When to take action and key preventative measures
- What is being done and what more can be done to reduce the risk of injury and ill-health?