

# Manual Handling

<b>COURSE DURATION</b>	2 hours
<b>CERTIFICATION</b>	1-3 years depending on risk assessment. Annual refresher eLearning course available at <a href="http://www.mcgtraining.co.uk">www.mcgtraining.co.uk</a>
<b>QUALIFICATION</b>	Attendance certificate (not competency-based)
<b>ASSESSMENT</b>	Underlying knowledge-checking with questions and answers
<b>ADDITIONAL SUBJECTS</b> (and bespoke content)	Additional subjects could add extra time to your course. If you require bespoke content, please get in touch.
<b>RENEWAL</b>	Repeat the course. We provide an email reminder service.
<b>MCG POLICIES</b> (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 <a href="http://www.mcgtraining.co.uk">www.mcgtraining.co.uk</a> .

*HSE, IOSH and current legislation content-compliant*

## WHAT IS MANUAL HANDLING?

Discovering what our client's activities are and what equipment they use.

## THE LAW + RESPONSIBILITIES

Employers' and employees' legal duties.  
Consequences of non-compliance.

## ANATOMY OF THE SPINE + TYPES OF INJURIES

Musculoskeletal system, lever system and centre of gravity.  
Safe movement principles when preparing for a lift and moving a load.  
Common causes of workplace injuries.

## RISK ASSESSMENTS

Definitions of 'hazard' and 'risk'.  
Process for carrying out risk assessments and how they contribute to improving health and safety.

## SAFE LIFTING TECHNIQUES

Principles associated with safe moving and handling principles.

## PRACTICAL SESSION

Specific to our clients' industry and activities.