

Manual Handling, Noise, Vibration + COSHH



COURSE DURATION	6 hours
CERTIFICATION	3 years (depending on company risk assessment)
QUALIFICATION	Attendance certificate (not competency-based)
ASSESSMENT	Underlying knowledge-checking with questions and answers
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?

COSHH – HSE and IOSH content-compliant

- The law and responsibilities
- Different forms of hazardous substance, identification and information (data sheets)
- How they can enter the body and effects of exposure with some very basic first aid
- The benefits of RA and COSHH Risk Assessments (template provided for your use)
- Control measures, monitoring exposure and when you need health surveillance
- Plans for accidents and safe disposal



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Core Values - Quality | Service | Integrity | Communication

Purpose - To teach people how to manage an out-of-hospital medical emergency, prevent injury and promote health and wellbeing, both at work and at home.
Mission Statement - To help organisations build and maintain a positive safety culture and control their own health, safety and wellbeing management systems.