

HEALTH AND SAFETY: Manual Handling

This half day course is for people whose job involves moving things manually. It provides workers with the skills they need to decrease the risk of manual handling injuries and encourages them to take responsibility for their own comfort and safety.

This approach will help reduce sickness and absenteeism and compensation claims and improve the productivity of the workforce.

The course can be held either within the training company's premises or on the clients own premises, provided that suitable accommodation is available.