



Safe Moving & Handling in the Workplace

MANAGING YOUR MANUAL HANDLING

This Moving & Handling Course is designed for any person who undertakes any form of Moving and Handling (previously called Manual Handling) in their workplace. Simple moving and handling situations requires awareness of the risk and the understanding of the need for best practices to reduce the risk to the individual and the organisation.

OHS solutions for Your business needs



COURSE SYLLABUS

OHS Legislation

Hazard identification, risk assessment & control measures

Anatomy & Physiology of the Body

Injuries to the Spine & Muscular Skeletal System

The Mechanics of Injuries

T.I.L.E. Task Individual Load and Environment

The Principles of Safe Moving and Handling

Practical Session on Moving and Handling Techniques

HEALTH & SAFETY TRAINING SOLUTIONS

Regardless of the size of the undertaking, it is important that you manage your health and safety in a proactive manner. To be proactive you must be fully informed of the relevant safety and health legislation. This course will train staff in the most up to date methods of managing moving and handling situations. As over 30% of the Accidents/Incidents reported to the H.S.A. on an annual basis are due to Moving & Handling Accidents it is necessary to take a proactive approach to the issue.

A combination of practical exercises, theory instruction and risk assessments, using different multimedia's, are combined to instruct students in a positive workplace safety culture.

COURSE DURATION

This Moving & Handling Course takes place over 3 hours. Provision is made for a 15 minute Refreshment Break. Students must attend the entire course to satisfy the certification criteria.



HEALTH & SAFETY TRAINING BENEFITS

Training involves providing people with knowledge, and then giving them the opportunity to practice or use it. In other words it allows staff to become more skilled and therefore more productive. If workers are simply given the knowledge, but not the chance to practice it, the learning process is incomplete.

COURSE ASSESSMENT

Assessment of the Students is carried out by the course tutor through their engagement on the course and their participation in the practical skills sessions.

Any medical conditions - (including pregnancy) - that will affect a student's ability to complete the practical skills session must be discussed with the Course Tutor before commencement of the course



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PREFERRED ENTRY LEVEL

For students to participate in the course there are no previous qualifications required.

FURTHER INFORMATION

If you require further information please visit our website at www.emsandassociates.ie

**"GOOD HEALTH &
SAFETY IS NO
ACCIDENT"**