



TRAINING & APPRENTICESHIPS

# Skills Development Programme



## Manual Handling



TDR Training are a leading training provider in the region, offering bespoke skills development programmes to enhance, upskill and retrain to meet future business demands.

[www.tdrtraining.co.uk](http://www.tdrtraining.co.uk)

## Overview

Manual handling is the transporting or supporting of a load by hand or bodily force.

This can include lifting, lowering, pushing, pulling, moving, or carrying a load.

The load being a moveable object, such as a box or package, a person or an animal, or something being pushed or pulled, such as a roll cage or pallet truck.

This course is essential our daily working lives and can be of huge benefit for your home life.

We deliver this course in a friendly and engaging way to ensure participation and hopefully a full understanding of the subject.



## Training & Content

By the end of this training, a learner will have been shown using video presentations, discussions and demonstrations how to:

- Define what manual handling is and state both employers and employees' duties
- Describe potential injuries, both short and long term
- List the four factors used to risk assess manual handling and how we can use them in our daily duties
- Recognise correct and incorrect handling techniques
- Lift, lower and manoeuvre loads safely and feel confident and competent to participate in a group quiz.

We can add to the course specific hazards, risks and manual handling that is applicable to a particular company or business. This enables the course to feel more relevant and meaningful to the learners.

Course Duration: Half Day / 4 Hours

TDR certificate of competence will be awarded upon completion of training course.

This course runs for 1 hour and 30 minutes.

TDR Training

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