

COURSE CONTENT ECITB MANUAL HANDLING

Course duration: 0.5 Day
Course ratio: 12:1 maximum
Recertification: 3 years from successful completion of a written and practical assessment

Course aim

The course is designed to allow candidates to identify the most appropriate method to handle loads, how to work safely when manual handling is involved and how to identify the potential dangers which may be present.

Pre-requisites

The candidate must be a minimum of 18 years old and have appropriate fitness to participate in the practical activity. The practical includes use of physical objects to demonstrate manual handling techniques.

Course content

Introduction to general Health and Safety legislation.
Interpretation of a safe system of work.
Risk Assessments and Method Statements.
Anatomy.
Back pain.
Musculoskeletal disorders.
Moving Loads.
Lifting techniques.

Engineering Change

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