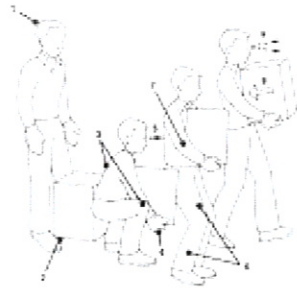


Manual Handling Awareness

know how to avoid injury and damage



Are you at Risk?

Designed for all individuals whose work may involve Manual Handling and Kinetic Lifting, pushing and pulling goods. This course also provides advice and techniques for employer risk limitation.

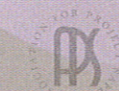
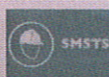
Long term effects!

Bad backs are no fun for the future



Awareness Training will cover:

- Reviewed tasks relating to Handling
- The Manual Handling Regulations
- What are the long terms effects
- Accident Statistics, Causes of Fatigue, Strain and Injuries
- Consider Handling Techniques
- Basic principles of safe lifting



Call 0113 287 6889 for available dates and venues

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