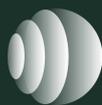




Putting Safety To Work

# MANUAL HANDLING

## Health & Safety Training for Employees



**Occupli**

Putting Safety To Work



### Safe Lifting Techniques

Learn how to safely lift, carry and move loads using correct manual handling techniques that help reduce strain on the back and prevent injury.



### Hazard Awareness

Understand the common risks associated with manual handling tasks and how to identify hazards before carrying out lifting activities.



### Injury Prevention

Learn how good posture, proper lifting technique and task planning can help reduce the risk of musculoskeletal injuries in the workplace.

### About The Course

Manual handling tasks are a common cause of workplace injuries. This course provides participants with the knowledge and practical skills required to safely lift, move and handle loads in the workplace. Participants will learn how to recognise manual handling hazards, understand the risks associated with lifting and apply safe handling techniques.

### Course Key Details

- Location: Cork and Dublin
- Duration: 3 Hours
- Price: €95
- Class size: 12 participants
- Assessment: Practical + short knowledge review
- Certificate: Manual Handling Certificate

CALL US FOR MORE INFORMATION:



**0818 315 415**



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# 3 HOURS OF PRACTICAL TRAINING



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## Understanding Manual Handling

Learn what manual handling involves and why incorrect lifting techniques can lead to injury.



## Risk Assessment

Understand how to assess manual handling tasks and identify ways to reduce risks before lifting.



## Safe Work Practices

Learn practical techniques that help employees carry out manual handling tasks safely and efficiently.

## Practical Manual Handling Training

This course combines theory and practical exercises to help participants understand how to safely perform manual handling tasks. Participants will learn the principles of safe lifting, how to assess manual handling risks and how to reduce the likelihood of injury while carrying out everyday workplace tasks.

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## Who Should Attend?

This course is suitable for employees in any industry who carry out manual handling tasks as part of their work, including warehouse staff, healthcare workers, construction employees, retail workers and office staff.

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