



Manual Handling

Course Overview

The course covers:

- Spinal awareness and back care
- Manual handling hazards
- Manual handling injuries and the activities which cause them
- Manual handling assessment
- Safe handling principles
- Ergonomics
- Inanimate load handling
- Mechanical aids
- Fitness
- Responsibilities imposed by the Manual Handling Operations regulations
- Team handling and communication
- Practical applications

Manual Handling injuries account to 36% of all reported workplace accidents. This very popular course is ideal for anyone who moves heavy/awkward loads, as part of their role in the workplace.

UT – OGI – 023



STANDARD

UT standard



FREQUENCY

On Demand



DURATION

1 Day



LANGUAGE

English/Myanmar



PRICING

US\$175.00 per Delegate; certificate and lunch are included



PREREQUISITES

NRIC or Passport Scan Copy, 2 passport size photos.



VALIDITY

2 Years

