



# NORTHERN COUNTIES SAFETY GROUP LIMITED

Safety Training & Services to the Construction Industry

## FACT SHEET

### Safe Handling and Load Moving

#### **Introduction**

This course of training is intended for all personnel who are required to carry out manual handling operations on construction sites and workshops

#### **Course Aims**

The course of training is intended to develop the knowledge and competence of construction personnel to enable them to understand how musculoskeletal injuries occur; the consequences of injury; and how to adopt the correct manual handling posture to reduce and avoid injury; and use lifting aids to reduce risk of injury

#### **Objectives**

At the end of the course delegates will:-

- Understand and know how manual handling injuries are caused and the risks to them.
- Understand the need to plan for safe manual handling operations, and how to identify safer alternative methods of lifting and moving loads.
- Be able to carry out a simple manual handling risk assessment.
- Know the principles of safe manual handling.

#### **Trainee Numbers**

A maximum of 12 trainees to one instructor will be permitted providing facilities are suitable.

**Course Duration** - Half day (3½ hours)

#### **Achievement Measurement**

Skills and knowledge will be assessed throughout the course by the use of questions and answers, practical exercises, instructor observations and a final knowledge retention assessment questionnaire.

#### **Method of Delivery**

The course will consist of sessions using presentation, video, syndicate exercises, demonstrations using examples of materials to be lifted or moved, and discussion opportunities.

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