



OBT

OBT Course Outline

MANUAL HANDLING

Main Aims and Key Benefits:	<p>This programme is designed for all the employees who are required to carry out activities that require an element of manual handling.</p> <p><i>This lends itself to an in-house programme where 2 to 3 sessions can be run per day.</i></p>
Course Content:	<ul style="list-style-type: none">▪ The process of Manual Handling in the workplace▪ Manual Handling injuries and the typical causes▪ Manual Handling assessment and control options▪ Responsibilities imposed by the Manual Handling Operations Regulations <p><i>NB: Participants will be expected to bring with them a list of Manual Handling activities they are required to carry out in the workplace.</i></p>
Training Methods:	<ul style="list-style-type: none">▪ Presentations▪ Demonstrations▪ Practice sessions▪ Group discussion
Who will benefit:	Anyone whose role includes physical effort
Duration:	½ day
Certification:	OBT and Progressive Training
Training Provider:	Progressive Training