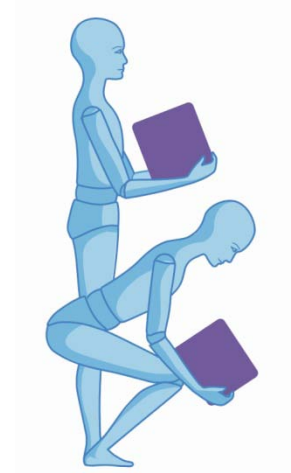
Safe Lifting, Handling and Moving of Loads Training

Health and Safety Courses for Staff and Managers

Who should attend	Anyone who needs to lift, carry, push, pull or otherwise move loads
Why you should attend	Moving stuff is part of life, why would you not want to know how to do it without hurting yourself?
What you will learn	Safe methods of lifting, putting down, carrying, supporting and moving loads, an awareness of what is meant by good posture, not only for backs but also for hands, wrists, elbows and shoulders
Expected outcomes	A change in, or reinforcement of good lifting and handling behaviour
Course content	• What the law says: criminal and civil liabilities of the employer and employee • Organisation policy: how do we comply with the law? • Current thinking and best practice • Manual handling risk factors and how to reduce them – carrying out dynamic risk assessment • How the body and your long-term health may be affected by bad practices • The lever effect and how to overcome it • *Kinetic* and *power lifting* principles and adapting good lifting techniques into practice, including the golfer's lift • Team lifting • Pushing and pulling using mechanical handling equipment, trolleys etc • Practical examples of problems and solutions at work and at home • The work/life balance • Practicing the techniques and providing support to colleagues
Assessment	Course participation and observation by trainer
Venue and dates	Peterborough – 2012 – 12th Jan; 8th March; 15th June; 5th Sept; 2nd Nov
Cost	£110 per person
What's included	All course material and certification
Course duration	Half day
Recommended pre-requisites	None
Recommended follow-up courses	Manual Handling Risk Assessment



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