

# First Aid International Manual Handling

## Course Information Sheet



### Course Specification

#### INTENDED PARTICIPANT:

People in the Workplace

#### MAX STUDENT INSTRUCTOR RATIO:

30 Candidates: 1 Instructor

#### MAX CLASS SIZE:

30 Candidates

#### COURSE DURATION:

Initial Training: 3 hours

Retraining time: 3 hours

#### ASSESSMENT:

Independent knowledge assessment

#### CERTIFICATE EXPIRY:

3 years from date of completion

First Aid International are approved by the Health and Safety Executive Northern Ireland, Dubai Corporation for Ambulance Services (DCAS), Health Authority Abu Dhabi (HAAD) and the Labour Department - Hong Kong Special Administrative Regional Government.

Manual handling is defined as; any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force. Manual handling as a skill is often considered just for the movement of large or bulky items, but the movement of small manageable items repeatedly or in difficult surroundings may prove equally demanding.

Employers have a responsibility to ensure the health, safety and welfare of all of their employees, contractors and any other persons associated with their business. This duty extends to manual handling and there is specific legislation that applies to support employers to ensure they are compliant with regard manual handling.

This Manual Handling Course provides the necessary information and training for organisations to comply with the Manual Handling Operations Regulations 1992.

For full details of the course content please see overleaf.

## In this course you will learn the following skills:

- Legislation and Duties
- Safe Systems of Work
- Anatomy of the spine
- Back Pain
- Musculoskeletal Disorders
- Risk Assessments
- Loads and Positioning
- The Move
- Basic Lifting Technique
- Handling Sacks
- Load Sharing
- Moving The Load

### INSTRUCTOR LED APPROACH:

Your instructor is a fully certified First Aid International facilitator who is current with the procedures and knowledge required to ensure you have the best possible learning experience. Each Instructor is registered with First Aid International and renews their status annually to ensure that only current and competent instructors deliver your training and assessment.

### INTRODUCTION:

Your instructor is a fully certified First Aid International instructor who is current with the procedures and knowledge required to ensure you have the best possible learning experience. Each Instructor is registered with First Aid International and renews their status annually to ensure that only current and competent instructors deliver your training and assessment.

### CERTIFICATION:

Certificates are issued by First Aid International using our Centre Management Information System (CMIS). CMIS provides a quick efficient service to all our clients.



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