



Manual Handling

RoSPA, IOSH, CPD

Description

This Manual Handling Training course teaches users to understand what is meant by safe manual handling. Competency in safe carrying and lifting techniques for the workplace is a legal requirement, and this course provides the user with everything they must know. This eLearning course can help to ensure that employees are following best practices and can help reduce the chances of injuries in the workplace as a direct result.

Sections

- 1. Your back during Manual Handling**
- 2. Daily Tasks**
- 3. LITE Assessment**
- 4. Techniques**