



**Thor External
Industrial Training
Courses**
Call 01782 565797
www.thorlightning.co.uk

Manual Handling

Course Summary:

An important course for anyone involved in manually moving, handling and lifting. Designed to minimise risk and improve safety in the workplace. Training is delivered by an experienced qualified instructor and can take place at our Training Centre at Parkhouse Industrial Estate, Newcastle-Under-Lyme or alternatively at your own premises.

Aims and objectives of course:

- to enable the trainees to carry out manual handling activities in their workplace safely and minimise the risk of injury.

Trainees will be able to :

- identify all manual handling activities
- list the risks associated with manual handling
- demonstrate the correct ergonomic and kinetic approach to lifting and moving objects
- state how to look after their back

Maximum number of delegates: 10

Duration: half day

For further information about dates/availability and costs, including multi-booking discounts contact:

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We also undertake health and safety inspections within all types of organisations. Including risk assessments, COSHH assessments and asbestos awareness. For further details about these services plus other training courses currently available visit www.thorlightning.co.uk