

## Manual Handling

<b>Duration:</b>	1/2 Day	<b>Time:</b>	TBC
<b>Venue:</b>	UHI Orkney	<b>Dates:</b>	TBC
<b>Cost:</b>			
<b>Tutor:</b>	Andrew Bowman		

### Qualification:

Orkney College Certificate

### Target audience:

Anyone requiring to improve manual handling techniques. A practical session on Manual Handling is conducted either in UHI Orkney workshop, or on site as per request of company.

### Course content:

The course will include the following topics:

- Summary of regulations
- Lifting capacities
- The load
- Kinetic method of lifting

### Course Objectives:

- Describe the functions and shape of the human spine
- State the main reasons why handling injuries occur
- Identify the hazards of 'top heavy bending'
- Demonstrate the techniques of base movement, and apply it to daily work activities

**Appropriate clothing must be worn as you will be taking part in practical demonstrations.**