

FTS Solutions Ltd.

Moving and Handling – Training Programme

Course Objectives:

1. State the common problems associated with inappropriate Manual Handling Techniques.
2. Identify the relationship between manual handling injuries and other causes of musculoskeletal disorders.
3. State the duties of the employer.
4. State the duties of the employee.
5. List common practices that can be used to avoid manual handling.
6. Discuss the methods of assessing and reducing the risk of injury.
7. Discuss the main problems to look for when making an assessment.
8. Discuss ways of reducing the risk of injury.
9. Describe methods which ensure good handling techniques are employed.
10. Demonstrate the methods of applying good manual handling practices.

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Welcome and Course Introduction	Objectives 1-6 Inclusive	LUNCH	Objectives 7-9 Inclusive	Objective 10 Practical Consolidation
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