

Bronzeshield Lifting Limited

BASIC MANUAL HANDLING TRAINING COURSE PROGRAMME

Time	0830 0930	0935 1000	1005 1030	1035 1120	1125 1145	1150 1225
Instructor	Training Dpt	Training Dpt	Training Dpt	Training Dpt	Training Dpt	Training Dpt
Location	Training Room	Training Room	Yard	Yard	Training Room	Training Room
Subject	Introduction. Manual handling Regulations 1992. Employer & Employee Responsibilities	Manual Handling Factors that cause harm. Types of possible injury.	Task Assessment Basic handling techniques.	Practical manual handling exercises.	Lifting Aids. Looking after your Back.	Practical Assessment. Written Test. Course Critique