Safe Lifting Techniques (with problem solving)

At a glance…

Training (Only)

Duration Notes: 1 day

Introduction

Lift items confidently without the risk of injury with our Safe Lifting Techniques course.

Overview in brief

If you lift items once or repeatedly, using an incorrect technique could cause you injury. It's important to master the correct way to lift so you minimise the risk of injury. Our course will give you the basics of correct lifting and also look at some practical problem solving when performing these tasks.

The finer details

Our course covers lifting tasks, practical lifting, anatomy and physiology and practical problem solving and lifting aims.



It's a one day training only course, with theory and practice. You'll get a certificate when you have completed the course.

Who should attend?

If you're involved with lots of manual activity in different environments and locations, then our course is suitable for you. Our course will

also help you if you are looking at your manual handling risk assessments in your workplace.

What will be covered?

By the end of the course, you'll be able to:

- State the principles of correct lifting technique to minimise risk of injuries
- List the parts of your body that are at risk of injury due to poor handling techniques and understand muscle and disc injuries and how they occur
- Lift carry and lower loads within your ‘personal capacity’ in such a way as to minimise the risk of injury and the efforts required
- Observe improvement in your manual handling skills.

Other areas of interest

- Manual Handling Awareness
- Health and Safety for the Workplace.