

QS-Development – Quality Training

Name of Training:	Manual Handling Training
Aim:	Participants of this training will be provided with the information and training necessary to be competent in manual handling, in order to avoid injury to themselves and to others.
Objectives:	By successful completion each participant will be able to: <ul style="list-style-type: none">▪ Define manual handling▪ Understand and state relevant Irish & EU legislation▪ Learn the basic anatomy of the spine▪ Learn about risk factors & how to reduce risks▪ Employ correctly the 8 principles of safe lifting
Content:	<p>This half-day course provides participants with the knowledge of safe manual handling in the areas of lifting, pushing, pulling, carrying and moving of different types of materials and equipment.</p> <p>Training includes:</p> <p><u>1. Theoretical Part</u></p> <ul style="list-style-type: none">▪ Legal Aspects of Manual Handling▪ Anatomy of the spine▪ Ergonomics▪ 8 Principles of Lifting <p><u>2. Practical Part</u></p> <ul style="list-style-type: none">▪ Practical Training <p>➔ Examination/Practical Test</p> <p>Duration: 4 Hours (max. 12 participants)</p> <p>Participants are awarded with certificate from QSD which is valid for 3 years.</p>
Who should participate?	<p>This training is beneficial for:</p> <ul style="list-style-type: none">▪ Everybody, who is interested in using the correct lifting techniques to avoid the risk of back injuries▪ Businesses (e.g. Food Industry) where a lot of manual handling is involved and manual handling can hardly be avoided.
Note:	Participants should wear comfortable clothing (e.g. tracksuit) and sturdy shoes as participants have to lift, push and pull <u>light</u> loads.
Training Methods:	<p>Includes:</p> <ul style="list-style-type: none">▪ Power-point presentation▪ Visualisation by usage of props▪ Time for discussions, questions & answers▪ Practical Demonstration & Training▪ Mini Examination
Cost:	€80 – €100 per person (Depending on group size)
Further Information:	<p>Contact: Ulrich Schraewer @ 087-1722015 QSD, 68 Scrahan Mews, Ross Road, Killarney, Co. Kerry.</p>