

Safe Moving of Objects

Half Day (3 Hour) Practical Course



3 Hrs



In- House



Overview

This course is ideally suited to those who work or intend to work in a role that involves manual handling.

Our **3 hour** course is presented In-House at your workplace, under the guidance of our specialist trainers and uses the latest training techniques to maximise learner recall and confidence.

Who is the course suitable for?

- Workplaces such as offices, shops, factory's and warehouses
- Anyone who's role involves lifting and manual handling

What to expect

- Comprehensive trainer-led practical training
- Flexible start / end times to suit your workplace
- Two manual handling books for you place of work
- Professional, qualified, and dynamic trainers
- Specialist advisors to help you manage your In-House booking
- Fully certified for 3 years

Location, Duration, and Numbers

This **3 Hour** Tutor Led Practical Training takes place at your place of work. You are free to choose the start / end times, however we recommend starting at approximately 09.00 to enable the course to finish by approximately 12.00

As per HSE guidelines we restrict our courses to **12 learners per trainer** - although there is no limit to the number of learners you may include as we can supply multiple trainers.

Refresher Training

The HSE recommend learners update their skills annually.

Course content

- Understanding the importance of Safe manual handling
- Recognise the potential injuries associated with incorrect manual handling
- Distinguish employer's duties relating to manual handling
- Identify the consequences for non-compliance
- Recognise the definitions of 'hazard' and 'risk'
- Identify safe movement principles
- Recognise the types of equipment designed to be used for manual handling tasks
- Assessment on demonstrating efficient and safe manual handling principles individually and as part of a team

Availability

This **In-House** course is available at your workplace on a date of your choosing

Assessment

Learners will be **continuously assessed** by our instructor throughout the course, and they must also complete a written assessment

Duration

This is a **3 hour** practical and theoretical course

Certification

On completion of the course learners receive an Safe Moving and Handling Certificate

Tigerlily Training are a **CTQ** accredited training centre.

Your certificate will comply with the requirements of the Health and Safety (First-Aid Regulations 1981

To book a course or for more information, call us today on **0300 3020 999** or visit **www.tigerlilytraining.co.uk**