

# Short Courses

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## Manual Handling



<b>Course Duration</b>	1 Day
<b>Course Objectives</b>	This one-day course is designed to provide the knowledge and guidance needed to carry out manual assessments under current legislation. It includes practical demonstrations.
<b>Course Content</b>	Regulations Development, Manual Handling Regulations, LOLER 1998 Current Regulations Check Lists and Risk Assessments Anatomy and Lifting Actions Ergonomic Approach to Manual Handling HSE Guidelines for Manual Handling Manual Handling with Mechanical Assistance
<b>Who should attend?</b>	Supervisors Safety Representatives All personnel responsible for manual lifting operations
<b>Venue</b>	EAGIT Training Centre - <b>Unit 20</b>
<b>Course Dates</b>	By arrangement
<b>Examination Dates</b>	N/A
<b>Costs</b>	£119.00 + VAT
<b>Course Certificate</b>	This course carries an EAGIT issued Certificate of Attendance
<b>Course Requirements</b>	PPE required and delegates should be free from medical problems