

Moving and handling principles

This course is essential support for all working professionals and can be tailored to suit your specific needs.

Who should attend?

We recommend that all employers consider training in moving and handling as part of each new employee's induction.

What you will learn

The course covers how to move objects safely, so that manual handling risks are reduced.

Course content

- Relevant Health and safety information
- Spinal anatomy, relevant structure and function
- Causes of back pain
- Risk assessment
- Base positions and movements leading to more complex moves including moving and lifting objects.

Follow-on training

Delegates that complete Moving and handling principles training may wish to attend [Moving and handling people training](#).

Course duration

Three hours.

Assessment and certification

All students will receive a certificate of attendance