

# Manual Handling

Course information



**tnta**  
THE NATIONAL TRAINING ACADEMY



# Overview

Manual handling injuries account for more than a third of all workplace accidents reported every year. By understanding the principles of manual handling, you will reduce the risk of being part of those statistics.

The course explores practical information and guidance, how to reduce the risks associated with manual handling and how the law protects you as an employee and what to expect from your employer.

Any employee with manual handling responsibilities would benefit from this course.

## This course contains the following modules:

**Module 1 - Health and safety responsibilities** - In this module you will look at health and safety at work, legislation, COSHH, the risk control hierarchy, RIDDOR, and how employees meet legislative requirements.

**Module 2 - Injuries and ill health associated with manual handling** - In this module you will look at the musculoskeletal system, risks and risk factors and injuries.

**Module 3 - Hazards and reducing risk** - In this module you will look at managing risk, risk assessment, hazards and risks, likelihood and severity of risk, risk control hierarchy, risk reduction and barriers.

**Module 4 - Completing a TILE assessment.** - In this module you will look at reviewing, completing a TILE assessment and control measures.

**Module 5 - Manual handling techniques and aids** - In this module you will look preparation, lifting and handling, pushing and pulling, manual handling aids, considerations when deciding on lifting/handling aids, testing, servicing and examination of equipment.