


# MANUAL HANDLING TRAINING

A Half day essential Training course for all workplaces  
delivered on your premises

## Course Content:

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- Manual handling Regulations 1992 overview
    - Effects of poor technique
    - Costs of accidents and injuries
      - Mechanics of lifting
      - Risk Assessment Principles
      - Risk Assessment Exercises
      - Kinetic lifting techniques
  - Understanding anatomy - contributory factors to musculo-skeletal problems

This course is classroom based therefore no specialised equipment or materials are required.

An information booklet, handouts and a certificate of attendance will be issued to all delegates who successfully complete the course.

**Course fee: £495.00 + VAT for RHA members**  
**£595.00 + VAT for non-member**

**Train the Trainer Package £750.00 + VAT**

IF YOU WOULD LIKE MORE INFORMATION, OR TO BOOK MANUAL HANDLING TRAINING, PLEASE FILL IN YOUR DETAILS BELOW AND FAXBACK THIS FORM TO: 01733 332349, OR POST TO THE ADDRESS BELOW. ALTERNATIVELY TELEPHONE 01733 261456 AND DISCUSS YOUR REQUIREMENTS.

Your Name ..... RHA Member YES / NO

Company .....

Address .....

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.....Postcode .....

Telephone No ..... Fax No .....

Mobile No ..... e-mail address.....

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