



CONTROLLED RISK
Realistic Risk Management Solutions
Training Consultancy Management

MANUAL HANDLING AWARENESS

½ Day

Suitable for anyone that lifts or moves items in the workplace.

Contents:

Legislation
Statistics
Definitions
Anatomy and injuries
Mechanics
Risk assessment
Safe lifting techniques

Candidates are awarded a **CONTROLLED RISK** certificate of training.

For further information or to book your place on a course, Call
01493 659124