



## Manual Handling Training

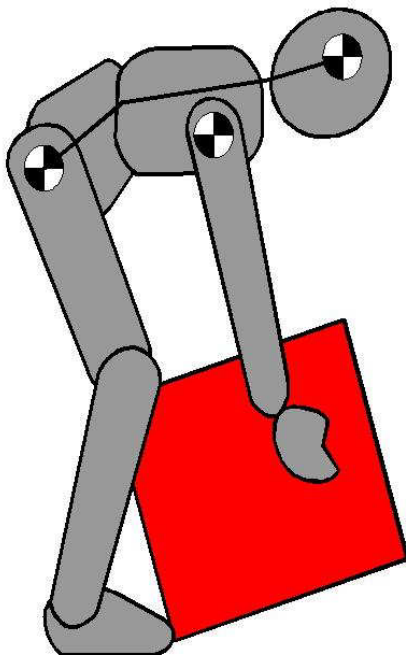
INFORMATION SHEET 6

Musculoskeletal Disorders (MSDs) are the most common cause of occupational ill health in Great Britain, currently affecting 1.0 million people a year and costing society £5.7 billion. MSDs affect the muscles, joints, tendons and other parts of the musculoskeletal system.

To protect themselves and the business it is important to understand the risks associated with manual handling and take appropriate measures to assess and ultimately reduce these risks, so the likelihood of suffering from MSDs such as back pain are reduced.

Manual handling remains one of the main causes of occupational injuries within the UK and is associated with more over-three-day injuries reported to the HSE (36%) than any other occupational task (2001-2002).

Our courses will equip you and your employees with the knowledge to recognise, assess and reduce manual handling risks in your organisation. It is suited to employers and employee representatives who carry out manual handling as part of their normal duties and covers.



The basic principles of manual handling

The importance of risk Assessment

Legal aspects

Responsibilities for employers and employees

Our training follows HSE guidance 'Getting to Grips with manual Handling' and introduces an opportunity for delegates to demonstrate a lift under instruction.

Our trainers have a wide range of learning aids available, using video, CCTV, interactive models, leverage simulators and practical demonstrations. All our trainers are practical, and able to demonstrate a wide range of experience in 'real world' situations.

Our customers range from local authorities, food manufacturing, farming, facilities management and industrial manufacturing.

**If you would like to discuss your training needs, with a trainer, not a sales person please contact us on [info@acersafety.co.uk](mailto:info@acersafety.co.uk) or 07003 401262**