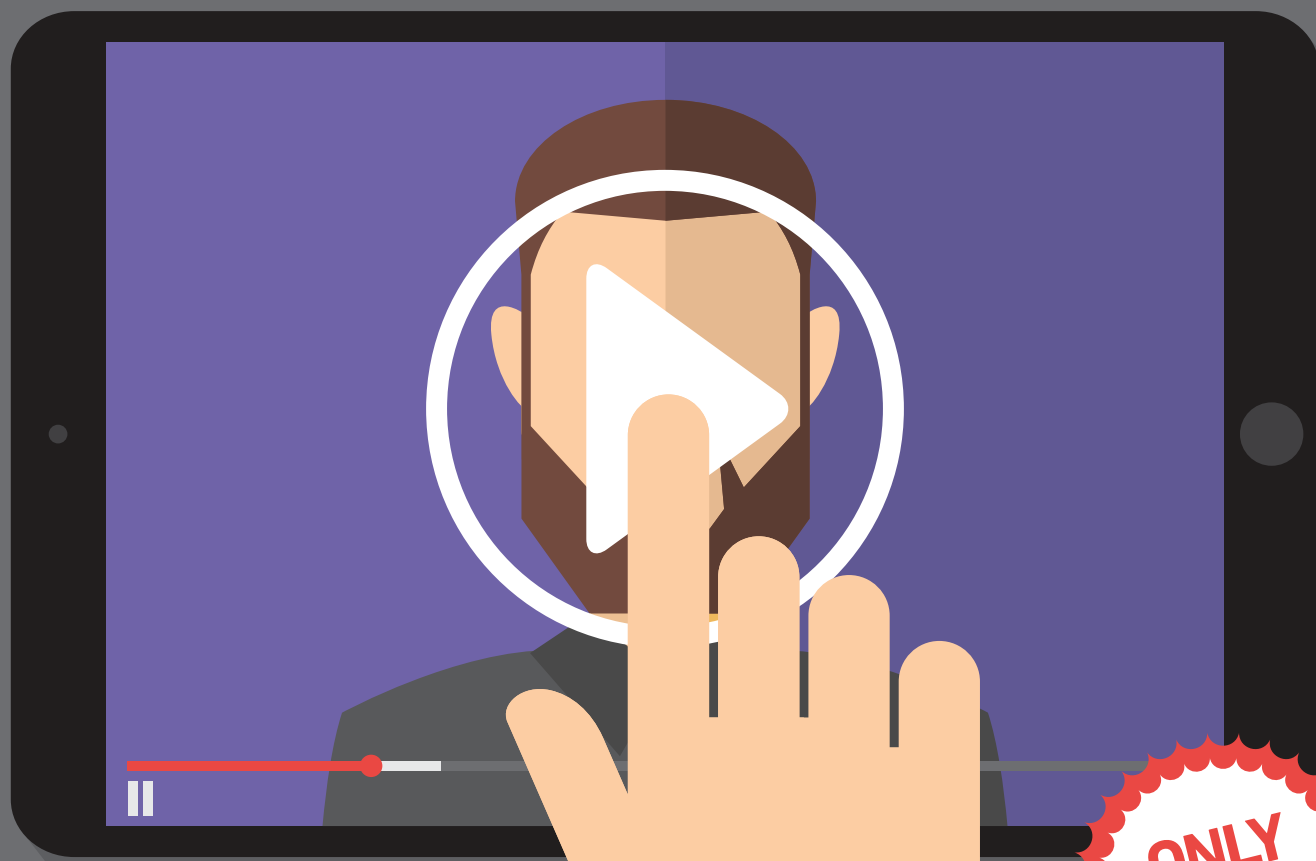


# COURSE GUIDE



**ONLY  
£17.50**

## WORKPLACE SAFETY:

### MANUAL HANDLING TRAINING VIDEO

## Why do I need this course?

Where manual handling is essential, some workers don't know the amount of harm that they may be causing to their bodies. This course provides a revitalised outlook on manual handling with footage from the UK's former strongest man, Glenn Ross, who discusses proper lifting techniques and the many injuries he has sustained.

## What's covered in each course chapter?

There are three chapters to this course which will each cover the following:

### 1. Lifting

- The five steps to performing a safe lift
- Moving with a load
- Repercussions of an incorrect lift
- Identifying hazards

### 2. Pushing

- Manual handling aids
- Identifying hazards

### 3. Pulling

- The risks of pulling a load incorrectly
- The correct pulling procedure

### 4. Team Lift

- How to carry out a safe team lift

## What are the benefits of the course?

This course will benefit workers by showing them the correct methods for manual handling and will allow them to identify potential hazards and take action to correct them.

## How will the course work?

This interactive course will be delivered online to users who can study from their own computers or portable device from anywhere they choose.

The course is delivered in video format, making use of modern illustrational graphics to ensure it remains engaging throughout.

This professionally produced video is entertaining and informative, and will offer the necessary information required to complete a risk checklist and self-test following the video.

Upon successful completion of the course, trainees will receive a certificate which can be downloaded at no extra charge.

## Course Length:

15-20 minutes

## Price:

£17.50

