

Manual Handling Training

Date: Friday 23rd March

Time: 2.00pm – 5.00pm

Cost: €35 – Chamber Member / €40 – Non-member

Trainer: [Silver Fern First Aid & Safety Training](#)

Venue: The [Rising Tide](#) Business Centre,
35 South Street, New Ross, Co Wexford
(Includes Certificate Valid for 3 years)

Bookings/Enquiries to:

Jennifer Power

New Ross & District Chamber

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Overview:

The Safety, Health and Welfare at Work, (General Applications) Regulations 2007, Chapter 4 part 2, outline the requirements that must be adhered to in relation to manual handling. All employees must be certified in Manual Handling.

Course Outline:

- Legislation
- Structure of Spine
- Injury to Spine
- Fitness, theory and practice
- Ergonomics
- Principles of Moving and Handling
- Moving and Handling Tasks(practical)
- DVD presentation 'Safe Manual Handling'
- Questionnaire, Trainee assessment
- Course Evaluation
- Summary and Close

Duration:

3 hours