

## Manual Handling Training

**Date:** Friday 11<sup>th</sup> May

**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

T: 051 425077

E: [admin@newrosschamber.ie](mailto:admin@newrosschamber.ie)



### 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