



## Course Objectives for N704 Manual Handling

It is envisaged that by the end of this course of training the learner will be able to answer questions on and perform the following:

- Have a basic understanding of the industry, the dangers of working in the industry and their responsibilities as an operative
- State the definition of manual handling, the main causes of manual handling injuries and the reasons for manual handling training
- Describe the function and shape of the human spine
- Describe the function of the intervertebral discs
- Understand the effects of static loading and the risks involved in team lifting
- Demonstrate an understanding of formal and dynamic risk assessment
- Identify and maintain PPE appropriate for manual handling operations
- Conduct all necessary safety checks at the work area
- Describe and demonstrate safe handling techniques and mechanical aids

<b>Max Ratio Novice Course</b>	<b>Novice Course Duration</b>	<b>Max number of novice tests</b>	<b>Max number of refresher tests</b>	<b>Max number of experienced worker tests</b>
10:1:1	1/2 Day	10	10	N/A