



dcm

Manual Handling Compliance Course

🕒 2 hours of content





🏆 Certificate

∞ Lifetime access

Manual Handling Compliance Course

Transform your workplace into a hub of safety and productivity. This course offers in-depth training on the latest techniques to prevent injuries and enhance efficiency. Participants gain practical skills in safe lifting, carrying, and moving objects, reinforced by practical demonstrations.

By the end of this course, you will be able to:

-  Understand and apply correct lifting methods to prevent injuries.
-  Identify potential manual handling hazards in your workplace and assess their risks effectively.
-  Become familiar with manual handling aids manual handling aids and equipment to reduce physical strain.
-  Gain knowledge of relevant health and safety regulations and ensure your workplace is compliant.



21%

of workplace injuries can be directly attributed to manual handling activities. HSE, 2020.

Insight

Manual handling involves the physical movement of objects by lifting, carrying, pushing, or pulling them. However, it carries a high risk of back and musculoskeletal injuries. Proper manual handling techniques are essential to prevent these injuries and ensure workplace safety.



Andy Gibson

Associate Trainer

Andrew, a seasoned training consultant and coach, brings a thoughtful and engaging approach to his work, drawing on over 15 years of experience in training and development.

This course includes:

- ▶ 2 hours on-demand video
- ∞ Lifetime access
- 🏆 Certificate of completion



Manual handling safety refers to the set of guidelines, and practices to minimise injury risk during lifting, carrying, pushing, and pulling tasks.

- 1. Introduction to Manual Handling**
8 mins The course starts with a foundational understanding of manual handling
- 2. Hierarchy of Controls**
4 mins Overview of the steps to manage and reduce workplace hazards
- 3. Legal Framework for Manual Handling**
4 mins Explore the legislation and compliance requirements related to manual handling
- 4. Duties of Employers**
3 mins Discover the duties and tools essential for fostering a safe work environment
- 5. Duties of Employees**
3 mins Explore the role employees have in maintaining workplace safety
- 6. Training**
2 mins Understand why training is essential to avoid injury in the workplace
- 7. Principles of Prevention**
4 mins Discover and understand the key principles essential for effective prevention
- 8. Anatomy Basics**
8 mins Learn the basics of human anatomy as they relate to safe manual handling

- 9. Neutral Posture**
4 mins Learn to maintain natural body alignment to avoid strain or long-term injury.
- 10. Principles of Manual Handling**
3 mins Discover techniques to safely lift, carry, push, and pull objects.
- 11. TILE**
3 mins TILE is a safety framework to assess and manage risks to prevent injuries.
- 12. Avoiding and Controlling the Risks**
6 mins Identify key factors to consider when assessing manual handling tasks
- 13. Manual Handling Aids**
6 mins Discover insights into the types of manual handling aids available
- 14. Lifting Technique**
1 mins Delve into various lifting techniques to understand how to safely handle objects
- 15. Lifting Demonstration**
5 mins Real-life demonstration of lifting techniques to gain practical knowledge
- 16. Team Lift Technique**
1 mins Explore team lifting techniques for safer handling of heavy objects.
- 17. Team Lift Demonstration**
1 mins Watch a team lift demonstration for hands-on learning of safe lifting
- 18. Carrying Technique**
5 mins Gain insight into the correct method for effectively carrying heavy loads
- 19. Carrying Demonstration**
5 mins Experience a live demonstration showcasing carrying techniques
- 20. Placing Technique**
5 mins Acquire practical techniques for safely placing objects
- 21. Placing Demonstration**
1 mins Live demonstration on the correct methods to safely place an item
- 22. Course Conclusion**
4 mins Recap of the topics and key concepts explored throughout the course



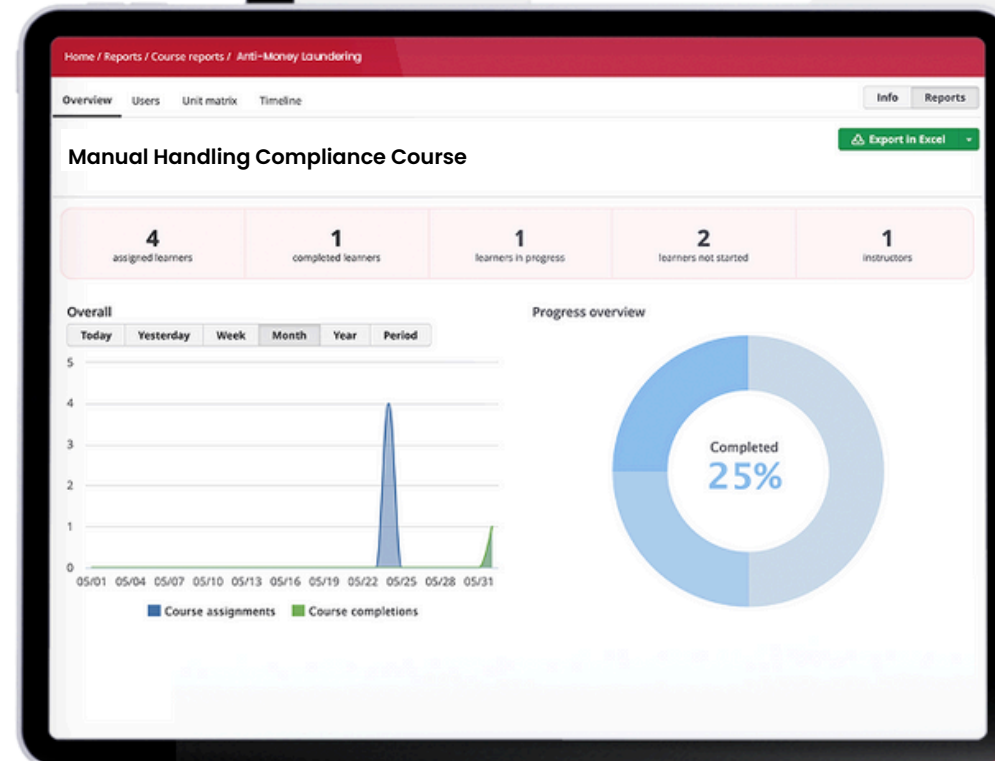
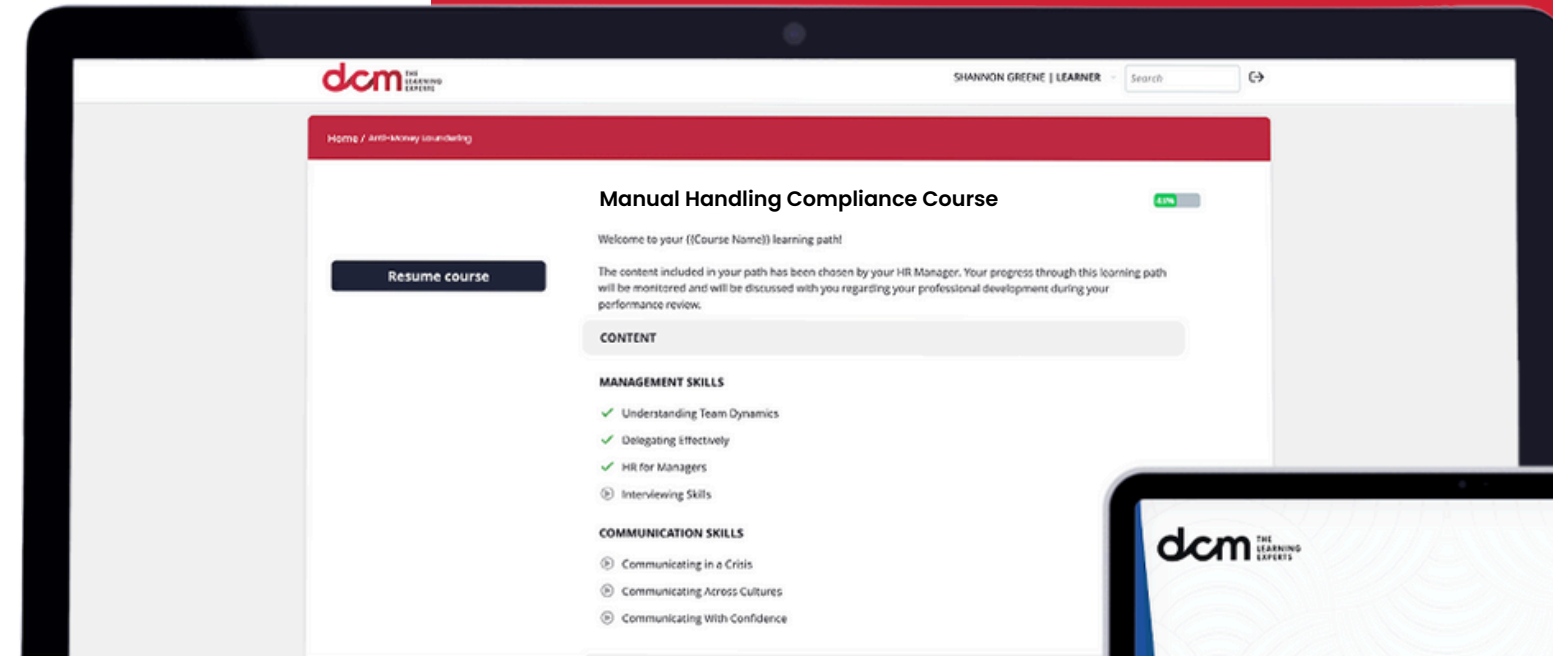
Manual handling accounts for over a third of all workplace injuries
HSE 2021

Certificate of Completion

1 Enrol
Enrol onto the Manual Handling Compliance course.

2 Monitor
Monitor learner's progress through reports & analytics.

3 Certified
Upon completion, learners receive a certificate.



DCM, Your Learning Partner

Experts in People, Experts in Learning

For over a decade, DCM Learning has been improving individual and business performance in Ireland and the UK. At our core, we believe people learn best by doing. We design fun, powerful experiences that have a profound and lasting impact on people and their careers, inspiring new ways of thinking, building critical capabilities and unleashing business success.

Passionate About Learning & Development

We work with the biggest brands in Ireland, including UCD, Pfizer & Google, so you can have confidence in our ability to deliver excellent training programmes for your team or your business.



dcm

dcmlearning.ie

01 524 1338