

Health & Safety – Manual Handling Training Course

ADARE HUMAN RESOURCE MANAGEMENT

2nd Floor, 43-51 Temple Grove House, Temple Road, Blackrock, Co. Dublin

*Leading Experts in Employment Law, Industrial Relations, Health & Safety and best practice
Human Resource Management in Ireland*

1. Manual Handling

Almost every occupational setting requires some form of manual handling. Space limitations, varied nature of the activity, and the reluctance to make substantial investment in mechanised/automated equipment are some of the reasons for not avoiding or reducing manual handling. Invariably, the abilities of individuals to perform these activities, either frequently or occasionally are exceeded, resulting in severe chronic or acute injuries.

<p>Duration This course is 2.5 hours long with a maximum of 12 participants.</p>	<p>Fees Available upon request</p>
<p>Objectives The objective of this manual handling training course is to provide participants with the knowledge, skills and attitude to enable them to lift and move loads in accordance with best practice in manual handling techniques in order to avoid the risk of injury. Our QQI (formerly FETAC) accredited Level 6 instructors are highly experienced regarding the consequences of incorrect lifting and musculoskeletal disorders. Participants, who after successful completion, will receive a certificate which must be refreshed every 3 years.</p>	
<p>Course Content</p> <ul style="list-style-type: none"> • OSH Legislation • Anatomy and Physiology • Ergonomics • Hazard Identification • Risk Assessment – T.I.L.E. • Principles of Lifting • Practical assessment in lifting, moving, carrying, pushing and pulling 	

Contact Us

Our Dublin Office address is:

Adare Human Resource Management
2nd Floor
43-51 Temple Grove House
Temple Road, Blackrock
Co. Dublin A94 R8Y9

Our Shannon Office address is:

Adare Human Resource Management
4240 Atlantic Avenue
Westpark Business Campus
Shannon, Co. Clare
V14 HC78

Contact Us: info@adarehrm.ie / (01) 561 3594 / (061) 363 805

Visit Us: www.adarehrm.ie

Follow Us:



Adare HRM



Adare Human Resource Management