

## Manual Handling

Manual handling training reinforcing the importance and benefits of adopting correct handling techniques to reduce the risk of injury, lost days and disruption to business.

All courses are interactive, targeting attitudes at the root of bad practice and combining key principles with hands on activities. Designed to benefit anyone at risk of a manual handling injury in any industry sector, our courses incorporate relevant content, environments and loads to ensure training is applicable.

### ITSSAR approved manual handling training

We provide a solution for everyone without taking a one-course-fits-all approach. Our flagship course is aimed at those most at risk of a manual handling injury and can be delivered as standard. For those who just need the basics or a refresher, our condensed Induction to Manual Handling course is ideal. And for customers who need something more specific, we provide bespoke packages, with tailored content, photography and branding.

Course Type	Operator Experience	Course Duration	Delegates
<b>Manual Handling</b> (single course delivery)	Any experience	4.5 Hours	15 Maximum
<b>Manual Handling</b> (two courses in one day)	Any experience	2 x 4 Hours	10 Maximum
<b>Induction/Refresher</b> (half day delivery)	Any experience	2 x 1.5 Hours	15 Maximum
<b>Induction/Refresher</b> (full day delivery)	Any experience	4 x 1.5 Hours	15 Maximum

