

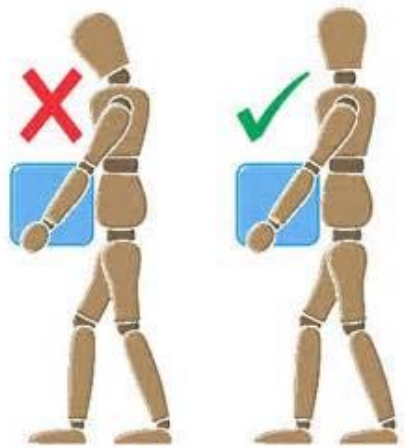
Moving and Handling Principles course (M&H)

This half-day *Moving and Handling Principles* course is essential support for all working professionals who manually handle objects, sit at the keyboard or stand in tiring positions.

These activities are the main activities that cause work-related musculoskeletal disorders, such as back and joint pain.

Who should attend?

We recommend all employers consider this training as part of each new employee's induction.



What you will learn

The course covers how to move objects safely, so that risk to injury or strain is reduced.

Course content

- Basic to complex positions and movements for handling objects
- Causes of back pain
- Manual handling regulations
- Risk assessment
- Spinal anatomy, structure and function

Assessment and certification

Candidates are assessed by the trainer through observation, and if successful they will receive a St John Ambulance E-Certificate valid for three years.

Course duration and cost

Half-day (3 hours). **£66.00** per delegate.