

Course Duration
30 Minutes

Learning Objectives
8

Assessment Questions
12

Passmark
80%



Course Description:

The purpose of this course is to provide you with an understanding of manual handling, causes of injury, common injuries, proper lifting techniques, and the use of manual handling aids.

Learning Objectives:

- Describe manual handling
- Discuss the human spine's structure
- Identify the factors that contribute to incidents involving manual handling
- Determine the most common causes and injuries associated with manual handling
- Understand proper lifting techniques and the significance of ergonomic design
- Identify methods to reduce manual handling incidents
- Identify the risk assessment's purpose, factors, and responsibility
- Explain the risks and hazards of Manual Handling, relevant to the job functions within the wind industry and how to avoid them

Accreditation:



This course is written in accordance with the **Health and Safety Executive** (HSE) guidance.

The HSE is Britain's national regulator for workplace health and safety.