



Professional Training by Qualified Instructors with a recognised body



MANUAL HANDLING – OPERATORS

Course objectives

Course participants will learn the following skills:

1. Facts and statistics in relation to manual handling
2. Legal issues as they relate to manual handling
3. Structure of the spine
4. Base lifting technique
5. Development of technique:
 - (a) Awkward places
 - (b) Awkward loads
6. Dual lifting techniques

The course will include physiotherapy slides and video

Duration: 1 day + 1/2 day office based personnel

Location: Client or Coillte premises

Ideal Number of participants: 10

For further information contact:
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The logo for Coillte Training 2008, rendered in white on a dark background. The word 'coillte' is in a large, lowercase sans-serif font, and 'TRAINING 2008' is in a smaller, uppercase sans-serif font below it.