



PREVENTION AND OCCUPATIONAL HEALTH

Manual handling

DURATION	GROUP SIZE	VENUE	VALIDATION
1 day	8 to 15 people	At your site	KABUTO certificate

Who it is for

Handlers, storekeepers, workshop staff

Prerequisites

None

Learning objectives

By the end of the course, the trainee is able to:

- Explain in simple terms why backs get injured
- Analyse a real workstation, its loads and its heights
- Apply the principles of physical safety and economy of effort
- Use the handling aids available on the site

Content

- Back anatomy explained simply, why it gives out
- Analysis of your real workstations, loads and heights measured
- Principles of safe movement and effort saving
- Handling aids available on your site
- Exercises with your own loads, not demonstration boxes

Teaching methods and resources

Face-to-face training, on your site, in French or in English. Short theory inputs and scenarios on your facilities.

Documents issued

Named certificate of attendance

Assessment

Continuous assessment through scenarios, plus an individual sheet filled in step by step and given to the trainee.

Trainer

A trainer from professional emergency services: nurse, firefighter or military. Their identity, qualifications and professional liability certificate are sent to you before the session.

Lead time

Quote within 48 working hours. The date is then set with you, according to our availability and your production constraints.

Price

On quotation, depending on group size, location and dates. Reply within 48 working hours.

Accessibility

Our courses are open to people with disabilities. The adjustments needed are studied case by case before the session with our disability officer, reachable on 06 51 36 51 97.

Training for companies and organisations only, always delivered at the client's site.

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Training provider registration number 93132537313. This registration does not constitute State approval.

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