



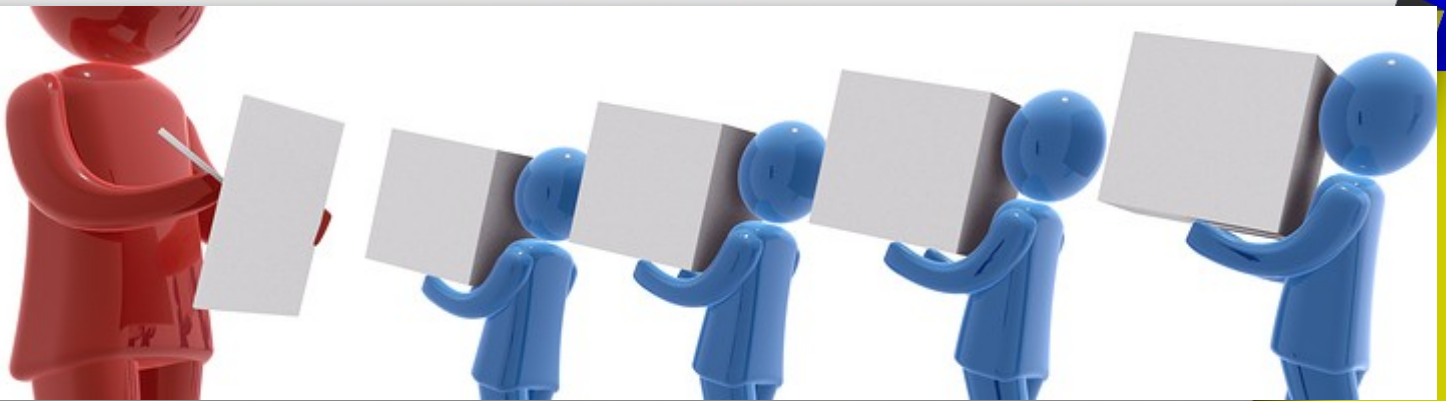
HCT

Progressive, Innovative & Interactive Training



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Programme Details

Programme Title	Manual Handling
Duration	1 Day or 1/2 depending on group size
Accreditation	Certificate of Attendance
Number of Learners on programme	10
Specific Entry/Access and Exemptions Requirements:	No Entry Requirements required for this programme
Who should attend this course:	All employers, employees (including fixed-term and temporary employees) and self-employed people in their work place.

Manual Handling

Programme Aim: To provide learners with the opportunity to develop the knowledge, skills and competencies necessary to enable persons who may be required to lift/ move loads in their working environment, this programme will comply with the provisions of the 2007 General/ Application Regulations and the 2005 Safety, Health and Welfare at Work Act

Participants of this programme will:

- Capable of a number of Handling Techniques from a variety of positions (demonstrations and practice)
- Understand the main injuries that may occur with incorrect lifting
- Be familiar with the legislation regarding Manual Handling
- Have knowledge of Anatomy and bio-mechanics of the spine and muscles

Programme Content

- Legal aspects
- Your back / how it works
- What can go wrong
- Good back Care
- Ergonomics
- Handling Assessment
- Principles of safer handling

Delivery Method	Buzz Groups, Experiential Learning, Self Directed Learning, Learner Centred
Certification Required	Learners will be required to demonstrate their understanding of the content of the programme through a range of tasks including role play, exams and practical assessments
Certification	On Completion participants will receive a Certificate of Attendance
Progression Route	FETAC Level 6 Instructors course or FETAC 5 Health and Safety or FETAC 5 Occupation First Aid
Specific Support Available	A range of accommodations and supports are possible according to specific needs. This programme comes with a very comprehensive manual as an excellent source of reference after the programme. HCT are committed to providing support to learners where/when it is required. In all cases, participants will have to complete a reasonable accommodation request, for more information.
Trainers	Our trainers that deliver this programme consists of industry professionals with a passion for training, this experience provides them with up to date industry practices, which is energetically delivered to learners.
Required fluency in generic skills	Generally learners engaging in learning activities are ready to take on a new task in a personal capacity or role. Learners can follow direction and are moving towards independent learning. Learners will have the ability to read basic short text in a non-supported environment and will be able to make sense of quantitative information within a familiar setting or unfamiliar task in a familiar setting.

Manual Handling Certification of Attendance