



DFB
external
training

Dublin Fire Brigade keeping you safe

Manual Handling Course

Course overview

The manual-handling course is designed to cater for the needs of a wide range of clients in the office, medical or industrial setting.

Who should attend?

New or existing staff that require training in manual handling. Under the Safety, Health and Welfare at Work Act 1993, employers must adequately train staff in safe manual-handling techniques. Under the 2005 Act, which has revolutionised the working environment, employers must risk assess and offer training and employees must undertake the training offered.

Objectives:

To give the students the knowledge and skills required to effectively assess and correctly lift a load, thus reducing back strain and injury.

Duration:

The manual-handling course is 4 hours duration and consists of a number of elements including:

- Correct lifting techniques.
- Back injuries
- The work environment.
- The responsibilities of employer/employee.

The course will be tailored to the needs of the client

Programme

Modules

- Legislation.
- The Skeletal System/Basic Anatomy
- Ergonomics.
- Practical manual handling.

Course fees

On request.

For further details contact:

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Or call us on 222 4199.