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# Manual Handling Training

For more information, visit our [Manual Handling Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Your back during Manual Handling
- 2 Daily Tasks
- 3 LITE Assessment
- 4 Techniques

## LEARNING OUTCOMES

- ✔ Learn how to lift safely, using techniques such as 'LITE' and 'TILE'
- ✔ Learn how to carry out 'LITE' assessments to reduce the risk of injury
- ✔ Learn how to correct bad postural habits and how to work in the 'Power Zone'

## ABOUT THIS COURSE

Incorrect manual handling is responsible for more than a third of all workplace injuries that are reported to authorities each year.

If manual handling is not carried out properly it can have significant consequences on your health (musculoskeletal disorders), particularly if you carry out manual handling operations regularly.

Maintaining a healthy back is also vital in enabling you to meet the demands of your everyday responsibilities – at work, at home, and during your leisure time. This training equips you with all the tools you need to protect your back whilst conducting a wide variety of Manual Handling tasks. This course looks at safe moving and handling, the 'LITE' technique (Load. Individual. Task. Environment.), and explains why safe workplace lifting is so important to your everyday health.

Effective Manual Handling Training can help in ensuring best practice and reduces the likelihood of injuries as a direct result of manual handling. **Our IOSH Approved Manual Handling training is for all levels of staff that undertake manual handling operations and it takes just 35 minutes to complete.**

Every employee in every company that regularly carries out manual handling should have effective Manual Handling Training and it doesn't have to be boring, time-consuming or expensive! Just ask us for a free no-obligation trial today!

*Not quite what you were looking for? Did you mean [Manual Handling including tyres](#) or [Moving and Handling People?](#)*