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|  |  | **Manual Handling Training** |
| **Health & Safety Training to protect employees and your business.** Contact PHONE:  01 835 1454  EMAIL:  [fergus@seq.ie](mailto:fergus@seq.ie)  WEB:  www.seq.ie  **Address:**  Unit 11A, Block 4 Ashbourne Business Park Ashbourne Co Meath  A84 W290 |  | Course DETAILS This half-day course is designed to provide the knowledge on how to reduce the risk of injury through correct Manual Handling procedures.   * Understand the limitations of the spine and muscular system * Recognise a load which is too heavy or awkward * Lift and handle loads safely and the use of mechanical aids * Safety Regulations pertaining to Manual Handling in the Workplace * Importance of physical fitness / use of PPE * Practice in safe handling of loads and task specific lifts  Requirements **Each candidate must have a good knowledge of both written and spoken English.** Details **Duration 3 Hours Approx**  **Number of Participants Maximum 12 participants**  **Certificate Renewal 3 Years** |
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