

# Manual Handling in the Workplace



Member of the  
Lifting Equipment  
Engineers Association

JTN Course Code – HSSE007

## AIM & OBJECTIVES

The aim of this module is to provide the attendees with a better knowledge and understanding of manual handling techniques, so that risk to injury or strain is reduced.

## COURSE CONTENT

- What is manual handling?
- Causes of back pain
- Spinal anatomy, structure and function
- Legal requirements and responsibilities
- Assessing manual handling tasks & managing risk
- Proper lifting techniques

The programme includes a series of explanations and demonstrations.

## ASSESSMENT

On completion of the programme the candidate will be subject to:

- A 15 question underpinning knowledge assessment. A pass mark of 80 is required.

## CERTIFICATION

Delegates successfully completing the Manual Handling assessment will be awarded a JTN Manual Handling Certificate of Achievement.

## WHO SHOULD ATTEND

All personnel who may need to lift, move, push, pull, carry, hold or restrain objects in their workplace.

## PREREQUISITES

Attendees will verify compliance with JTN Medical Screening Form

## LOCATION

- JTN Training Centre, Miri, or
- Client's premises if suitable facilities are available\*

## DURATION

1 day

## PARTICIPANTS

Minimum of 4, Maximum of 10

If this overview does not provide the information you require, please get in touch with us at [contact@jtntechnicalservices.com](mailto:contact@jtntechnicalservices.com)

It is important to be as specific as possible about the information you would like, as this will help us to respond accurately and promptly. Where possible, please include a contact telephone number/ Skype screenname so we can contact you to discuss your request when necessary.

\*Additional costings and changes in minimum & maximum participants may apply.

Disclaimer: Every effort has been made to ensure the accuracy of the information in this overview, which is believed to be correct at the time of publication.

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