



# Essential Training Solutions

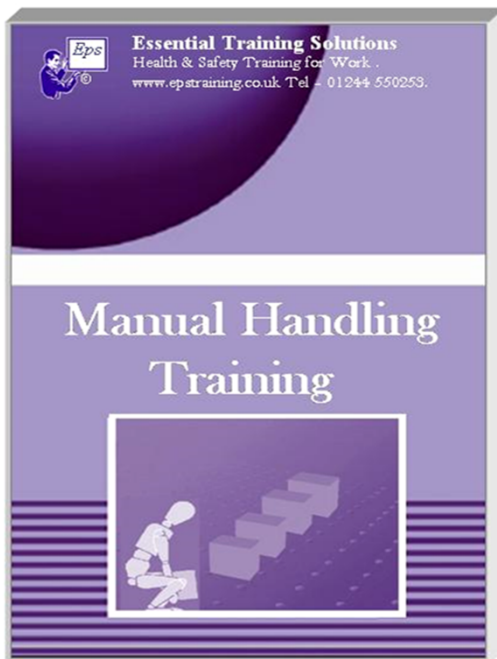
Fire Safety / Health & Safety Training

Tel – 01244 550253. [www.essentialtrainingsolutions.co.uk](http://www.essentialtrainingsolutions.co.uk)



## Manual Handling Toolbox Talk CD.

The aim of this training CD is to make personnel aware of safe manual handling and to avoid injury. It will ensure that managers, supervisors and operatives have appropriate competence to enable the organisation and staff to meet their legal duties under the Manual Handling Operations Regulations 1992 (MHOR)



### Course contents include:

- Introduction to manual handling
- Definition of manual handling
- Manual handling regulations
- Employer, employee's duties
- Back Anatomy
- Causes of injuries
- Kinetic Lifting.
- Lifting Safely

### Each Training CD includes:

- Delegate Training notes
- Certificate of Attendance.
- Course evaluation form.
- Course Attendance form.
- Training Record form.

This Manual Handling training Cd contains all you need to deliver cost effective quality and consistent training to your employees and will prove invaluable to H.R. Managers, Health & Safety officers and 'in house' training staff.



**Cost effective training for only £49.99p each. Buy online.**

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