



## Reduce manual handling injuries. Protect employees.

Manual handling injuries cost the UK economy hundreds of millions of pounds every year. They occur in all work places. Not just farms and building sites, but in offices, factories, warehouses, hospitals, banks, laboratories, and while making deliveries.

# 34%

of all reported injuries which result in someone being off work for more than three days are caused by **manual handling**

The *Manual Handling Operations Regulations 1992* apply wherever employees perform a task such as lifting, lowering, pushing, pulling or carrying.



PAVY Ltd offer manual handling courses to help you to:

- Comply with DSE regulations
- Reduce the number of injuries from manual handling
- Create a safer working environment.

## Manual Handling Training

### Course Aim

To train delegates to carry out manual handling operations safely, and without risk of injuring themselves or others.

### Who should attend

Anyone who has to carry out manual handling activities at work.

### Course content

- ◆ Overview of Health & Safety
- ◆ Manual handling hazards
- ◆ Legal requirements for manual handling
- ◆ Factors to consider in a manual handling risk assessment
- ◆ Guidance on safer manual handling

### Duration

Typically 1-2 hours.

### Location

Typically held on client's premises and delivered specifically for their employees.

### Certificate

Delegates will be awarded a certificate of attendance on successful completion of the course.

To book a course,  
ring us on 01865 349014  
or email: [info@pavy.co.uk](mailto:info@pavy.co.uk)



**[ environmental, safety & quality accreditation specialists ]**

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