



Effective Manual Handling Training Not just ticking the box to be compliant

You can buy an online Manual Handling Training (MHT) course for £15. This will teach you little more than you can learn for free from the HSE website except that it's packaged nicely and you get a certificate to keep you up to date with legislation.

Almost without fail onsite or online MHT courses will follow the same format which is based on outdated knowledge of how injuries occur.

Data from the HSE says that injuries at work are on the decline but no fewer people are in pain. Manual Handling (MH) practises account for over a third of all workplace injuries. The current teaching is clearly not working.

There is no best practise for MH. Just like there is no best posture for sitting or standing still. We each have our own individuality and constant change is better than repeated similarity. By learning how to feel your own stress and strain of work you can minimise it and reduce the likelihood of injury.

I am a specialist consultant in MHT and risk assessment and my training methods will teach you the principles of MH on site doing the tasks you do:

- ❖ Learn to feel the difference between good and bad movement and therefore understand the strain or lack of with different MH methods.
- ❖ A unique method of delivering training which is more up to date with current evidence than any other provider.
- ❖ The only MHT trainer affiliated with the Scottish Manual Handling Forum and Scottish Manual Handling Passport scheme working in the private sector.
- ❖ 2 or 3 hour MHT courses or 2 day train the trainer for MHT or risk assessment courses, depending on your needs.
- ❖ Always on-site and bespoke and as affordable as online.

as little as £18 per employee

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