

# Summary of Manual Handling Awareness Course

Duration: 4 Hours

## **Course content:**

Legislation  
Ergonomics  
Back Care  
Principles of Hoisting  
Statistics  
Duty of Care  
Risk Assessment  
Controversial techniques  
The Visual Cliff

## **Practical Demonstrations**

Use of slide sheets  
Use of homes Hoist  
Use of belts  
Transferring client manually

## **Methods:**

Test  
Group discussions  
Feedback  
Evaluation  
Summary