

# HSL: Site and Transport Safety – Birmingham, 12 July 2017

## [Book Course](#)

HSL is to run a 1 day course on Manual Handling for Assessors.

**12 July 2017**

## **Introduction**

Manual handling is one of the main causes of musculoskeletal disorders (MSD), which are the second most common occupational injuries within the UK and make up nearly half of all work-related ill health seen by general practitioners (GPs) are MSD related. The most recent HSE statistics on MSDs show a 20% increase in MSDs with **184,000** new cases (2013/14), around 80 per cent of which are attributable to work conditions.

Prevention and control of work-related musculoskeletal disorders (MSD) is a major priority and as such HSE have published a simple but effective risk assessment method called the MAC tool. This enables risk identification of key manual handling risk factors so that these can be eliminated or managed in the most cost effective way.

This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation. It is suited to employers and employee representatives who intend to begin the process of manual handling risk assessment and control within their companies. It will also benefit those already involved in manual handling risk reduction who require more formal or in-depth training in this subject, including training in the use of specific manual handling assessment tools.

## **The course will cover:**

- Principles of manual handling
- Understanding injuries
- Common types of injuries
- Legal aspects
- Key risk factors
- Manual handling risk assessment (MAC and L23)
- Pushing and pulling
- Control and reduction of risk
- Key principles of good handling techniques
- Case studies

## **Presenters include:**

- Matthew Birtles, HSL – Ergonomics specialist in MSDs

## Venue

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## Cost

The cost of this course is £450 per person (includes course notes, lunch and refreshments).

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**Please note the invoice option is not available within 4 weeks of the course date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.**

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

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