



HFRSOLUTIONS

training today for a safer tomorrow



Health &
Safety

Manual Handling

S11

Course Aim

The Renewable UK Manual Handling standard outlines the basic safety and competence recommended by Renewable UK for personnel involved with work on wind turbines and any associated site or project infrastructure

Course Syllabus

- General health and safety duties of employers/employees
- Overview of relevant legislation, standards and guidance
- Incident / Injury reporting
- Manual Handling outline / Hierarchical approach
- Hazards and Risks Associated with manual handling
- Principles of spinal / shoulder anatomy and potential for injury
- Neutral Posture / Signs and symptoms of injury
- Equipment Pre and Post use checks
- Housekeeping / Planning / Environmental factors
- Benefit of warm up/ stretches / causes and consequences of injury
- Early detection and treatment
- Risk assessments / Control measures
- Safe Lifting techniques

Duration ½ Day

Max number of delegates 12

Awarding Body Renewable UK/GWO