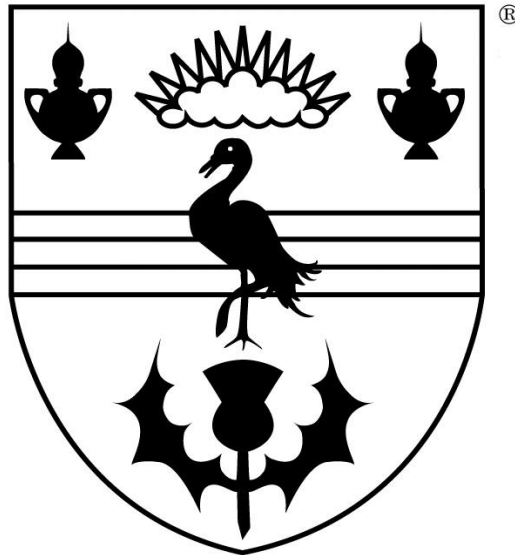


***The Royal Environmental Health  
Institute of Scotland***



***Safe Manual Handling Awareness Course***

***Syllabus***

***Minimum teaching time – 3 hours***

The REHIS Safe Manual Handling Awareness Course is intended as an introduction to moving and handling activities for those starting work, returning to work or who need specific training in manual handling, as well as being a suitable qualification for refresher training.

People gaining this qualification will understand that moving and handling must be carried out correctly and will recognise its importance in ensuring a safer working environment.

All Objectives to be prefixed by the words: The expected outcome is that the course participant is able to:

## Objectives

### 1.0 INTRODUCTION

- 1.1 Explain the importance of health and safety, what accidents and work-related ill-health are, and why they occur.
- 1.2 Explain why the welfare of people at work is important.
- 1.3 Define: Accident, Hazard, Risk, Safe, Competent Person.
- 1.4 Explain that the Health and Safety at Work etc. Act 1974 is the major piece of United Kingdom legislation for Health and Safety.
- 1.5 Explain that the general requirements of the Act are supplemented by more detailed Regulations.
- 1.6 Describe, in general terms, the duties of an employer to employees and others who may be affected by his work activities, including the requirement to produce a safety policy, and provide adequate training for employees.
- 1.7 Describe, in general terms, the duties and responsibilities of employees whilst at work.

### 2.0 MANUAL HANDLING

## Objectives

- 2.1 Explain the significance of back injuries and their management in the workplace.
- 2.2 Describe the correct procedure for lifting, carrying and stacking a load.
- 2.3 Describe, in general terms, the main requirements of the Manual Handling Operations Regulations.
- 2.4 Describe the role of:-
  - 1. The load
  - 2. The individual
  - 3. The task
  - 4. The environment

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