



Training Centre Manual Handling Course



NAS training Centre has been providing Manual Handling Training since 2002 to businesses and individuals. Training takes place in our fully equipped training centre. (Groups can be facilitated at their own premises).

This course meets and exceeds the requirements of the Safety, Health and Welfare at Work Act 2005, The Safety Health and Welfare at Work, (General Application) Regulations 2007.



Unit 3, Cleaboy Business Park, Old Kilmeaden
Road, Waterford. www.nas.ie, 051-333960

Lo-Call 1890 627 627



Training Centre

Manual Handling Course

Course duration 3-4 hours
Individuals or Groups



Course Content

- Definition of Manual Handling
- Legislation
- Basic Structure of the spine and injuries
- Risk assessment
- Fitness and flexibility
- Principles of moving and handling
- Moving and handling tasks

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