



## Manual Handling

### Training course objectives:

This on-line course provides an insight into preventing manual handling injuries. The course is aimed at people who perform manual handling tasks and managers who are expected to oversee health and safety in the workplace.

### Our On-line course will provide you with:

- Information about manual handling accidents and injuries
- Good lifting techniques with examples
- An opportunity to put what you have learned into practice
- A self assessment section
- A certificate of completion

The screenshot shows a web browser window displaying the "Manual Handling Awareness" course. The browser's address bar shows "http://eims.praxis42.com - Course - Microsoft Internet Explorer". The course title "Manual Handling Awareness" is prominently displayed at the top, with the Praxis42 logo to its right. Below the title, the navigation menu includes "Contents", "Index", and "Help", and the page is identified as "Page 1 of 9". The main content area is titled "1. Introduction" and contains the text: "The following pages will show you basic techniques in performing manual handling. We have used lifting as an example to demonstrate good practice." Below this text is an illustration of three white humanoid figures demonstrating lifting techniques: one is bent over lifting a green box, another is standing upright holding a green box, and a third is standing next to a stack of boxes, placing a green box on top. At the bottom of the course interface, there is a navigation bar with an "Exit" button (a circle with an 'X'), an "info" button, a text box containing "Click Next to continue", and "Prev" and "Next" buttons (circles with left and right arrows respectively). The Windows taskbar at the bottom of the browser window shows various open applications and the system clock.

### Course fees:

Please contact our training department for further information

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