



Ergonomics & Manual Handling

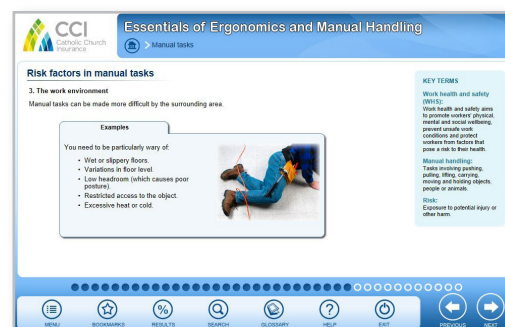
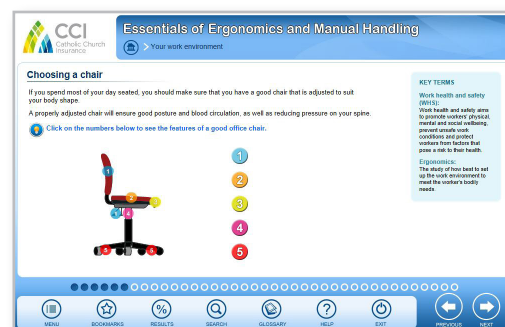
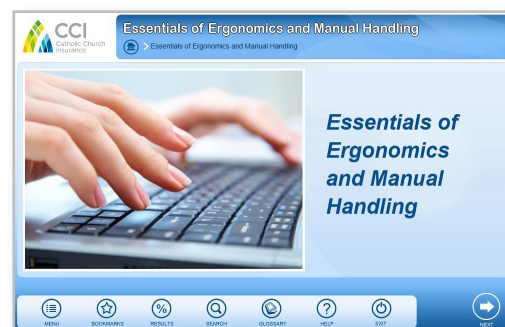
Prevent injuries with positive ergonomics and correct handling techniques.

Learning Manager's Ergonomics & Manual Handling course examines the seemingly benign tasks and situations that can threaten health and safety in the workplace. Workers will learn how to arrange office equipment to reduce stress on the body, and how to undertake manual tasks without causing injuries.

The course has two modules that are completed online at the learner's convenience, with assessments and results given at the end of the course. Other features include a glossary of key terms, a help menu, and a bookmark function.

What's covered?

- ◆ The five aspects of ergonomics
- ◆ Ergonomics in work environments
- ◆ The ergonomics of computer usage
- ◆ What is manual handling
- ◆ Risk & injuries associated with manual tasks
- ◆ Good handling techniques



For further information about this or other Learning Manager courses, please contact the Risksupport helpdesk on:

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