



Information and training



You should be given information and training to help stop you being injured when doing manual handling work.



1 Risk Management Process

2 How to do job safely at induction and refresher



What should you know?

● Laws and guidance



● Risk management process

● Risk controls

● How the spine works

● Risk factors

- Actions and postures.
- Forces and loads.
- Vibration.
- Environment.

● Principles of levers



● Safe work practices

