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## Manual Handling Update [Download PDF](#)

### Course Aim

To know how to safely carry out manual handling tasks putting safety first for you and others.

**Learning Outcomes** By the end of this course you will:

- Know what manual handling is
- Know the relevant legislation around manual handling
- Be aware of both employees and employers' responsibilities
- Know of the basic anatomy and function of the spine
- Be familiar with common back problems
- Understand ergonomics and fitting the task to the person
- Know the correct manual handling techniques for lifting, pulling and pushing
- Know how to ask somebody to perform a lift



## Manual Handling Update

For people who need to know how to safely carry out manual handling tasks, putting safety first for you and others.

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