



Manual Handling Training

Course Overview

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One day Training course

1: Legislative Requirements and Health Benefit.

2: Anatomy and Back Care.

3: Ergonomic Principles and Risk Assessment.

4: Manual Handling Principles and Techniques.



**Contact us on info@irishsportsurf.ie
or phone on +353863644372**

Carry out a range of manual handling techniques and apply these to a range of manual handling tasks for your work environment.

148 mm

148 mm

210 mm

210 mm