



Course Title: Manual Handling Outdoor (2010)	
Duration: 0.5 Day	Certification: LASNTG Certification
Expiry Period: 3 Years	Award: Assessment Certificate

Aim of Programme:

The aim of this programme is to provide learners with basic Manual Handling skills enabling them to safely lift, move and carry and lower loads encountered during the course of their work and in accordance with the requirements of the General Application Regulations as amended and HSA Guidelines.

Target Learner:

This training programme is for learners who will require basic Manual Handling skills. Learners can be outdoors staff and all grades.

Learning Outcomes:

On completion of this programme, the learner will be able to:

- Describe the basic principles of Manual Handling systems in accordance with the requirements of the legislation and the national guidelines.
- Explain the anatomy and physiology of the spine and mechanics of injury including the workings of the musculoskeletal system.
- Undertake a risk assessment for Manual Handling tasks in the workplace using the TILE method.
- Demonstrate the correct technique to be used when lifting and carrying a balanced load (the trainer will first demonstrate the correct technique to be used when undertaking the base lift using the kinetic method and then the trainees will demonstrate this technique under supervision).
- Undertake lifts of sample loads commonly handled in the learner's workplace including the following lifts:
 - Lifting / Handling balanced loads (e.g. bag of cement)
 - Lifting / Handling imbalanced loads (e.g. traffic cones and signs)
 - Pushing / Pulling
 - Using Lifting Aids (e.g. kerb / slab lifters)
 - Team Lifts
 - Hand Held Tools and Equipment

Assessment:

There is two **Theory** based examination which is a Classroom Exam and Standard Pass is 70% and the total duration is 2 hours.

Also, three **Skills** demonstration with is Site Practical Exam and has Standard Pass of 100% for each and this total duration is 4 hours.

Entry requirements:

- Applicants must be able to demonstrate a level of knowledge, skill and competence associated with Level 4 of the NFQ.
- Previous work experience is desirable

Equipment the learner must bring to course:

- Appropriate out door PPE



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Enquiries and Booking:

Please contact your local Regional Training Centre:

- Ballincollig: brtc@corkcoco.ie
- Ballycoolin: ballycoolintraining@fingal.ie
- Castlebar: crtc@mayococo.ie
- Roscrea: roscreartc@tipperarycoco.ie
- Stranorlar: stranorlartc@donegalcoco.ie

See www.lasntg.ie for further details

