



Course content and objectives for:
Manual Handling and Lifting (MHL) 4h

Objective:

By the end of this course, the applicant will be able to:

- ✓ Understand the Ideal Human Posture.
- ✓ Recognize and understand dangers of manual handling
- ✓ Recognize constraints and variations required during various manual handling and lifting operations.
- ✓ Be able to carry out correct manual handling techniques.
- ✓ Familiarise themselves with L.N.35 of 2003 (Protection against Risks of Back Injury at Work Places) Regulations.
- ✓ Be aware of the duties of the employer as to manual handling.

This course is intended to raise awareness about the subject and shall not replace an employer's legal obligation to provide training to her/his employees in terms of Act XXVII of 2000.

Method:

- ✚ Lecturettes / theoretical and practical examples
- ✚ PowerPoint presentation / video clips
- ✚ Exercises
- ✚ Handouts
- ✚ Training will be delivered in the Maltese language



Course Outline:

Introduction & Ideal Posture	Manual Handling
1. Evolution / Devolution Story	1. Various forms of Manual Handling
	2. Hazards of Manual Handling
2. Good and Bad Postures	3. Statistics of Injury
	4. MSDs with particular reference to LBP
3. Basic Anatomy	5. Contributing factors to Correct Lifting
	6. Risk Assessment
	7. Correct Manual Handling Techniques

Contents:

Hours	Content
2h	Legal perspective of Manual Handling at the workplace and highlights of accident prevention – delivered by OHSA trainer.
2h	Practical and theoretical tuition by MH instructor in basic manual handling techniques at the work place.

Main Trainer : Mireille Vincenti MCSP, S.R.P, Dip AP phys (sports).