

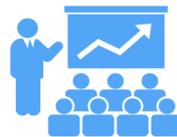
Manual Handling Awareness Fact Sheet

Course Overview

The Manual Handling Awareness course delivers essential training on proper lifting and carrying techniques to prevent musculoskeletal injuries in the workplace. Participants learn about safe manual handling practices, risk assessment, and the importance of ergonomics to promote a safer work environment and reduce the risk of injuries.



client site training, depending on your personal preferences



learn from an expert trainer with years of experience

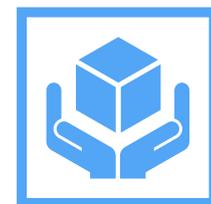


Budget Friendly learning

Who should enroll to this course?

The Manual Handling Awareness course is beneficial for employees across various industries who are involved in lifting, carrying, or moving heavy objects as part of their job responsibilities.

This includes warehouse workers, construction laborers, healthcare professionals, and individuals in manufacturing, logistics, and retail. It is also valuable for employers and supervisors who are responsible for ensuring workplace safety.



Join Us Today!



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What does this course Covers?

- Health risks related to improper lifting
- Good work practices, including safe lifting techniques and the use of equipment
- How to recognize tasks that may lead to pain or injury
- Symptoms of musculoskeletal disorder and the importance of addressing them early
- Procedures for reporting work-related injuries

Ready to get started?

Enroll in the Manual Handling Awareness course to promote a safer and healthier work environment for yourself and your colleagues! Gain valuable knowledge and skills to prevent musculoskeletal injuries and work safely in various industries.

About Us

Elite Offshore Pvt Ltd, established in 2015, is a leading provider of Offshore, Marine and Industrial Safety and Skill training and certification programs. With a commitment to safety, compliance, and excellence, we empower professionals worldwide with the knowledge and skills they need for success in their careers.

Ecademy was established in 2021, serves as our specialized division, providing customized E-Learning solutions designed to meet the specific needs of the industry. Through Ecademy, we offer the IADC-Accredited RigPass Online Course, alongside other valuable E-Learning programs like IMDG Code Courses, Basic First Aid, and more.

- Course Code - 530
- Duration - 1 Day
- Knowledge level - Beginner
- Category - OSHA & Industrial Safety
- Offline/ Client Site