

# Bawabat Al Fayhaa Company Ltd.

For Training Technology, Eng. Testing & Environmental Solutions

شركة بوابة الفيحاء لتكنولوجيا التدريب والفحص الهندسي ومعالجة المشاكل البيئية المحدودة



## Occupational Health & Safety Training

### Manual Handling Awareness Training Course

#### Summary:

Back injuries can affect all people, in all job roles and all industry sectors. Many are irreversible and can result in significant periods of absenteeism, costing both employers and employees dearly. Bafco's manual handling safety training course will provide a good grounding in safe moving and handling techniques, as well as an understanding of the risks associated with such activities.

#### Objectives:

On completion of this course, delegates will be able to:

- Outline the hazards and risks associated with manual handling activities
- Outline measures to reduce the risks
- Demonstrate application of good posture and efficient movement principles in a range of scenarios.

#### Who should attend?

All staff.

#### Certification:

Upon passing the exam the student will earn passed certificate from **Bafco**.

#### Course Content:

1. Causative factors and types of musculo-skeletal injuries
2. Avoiding musculo-skeletal injuries
3. Manual Handling Operations Regulations
4. Principles of good posture and efficient movement principles
5. Practical application.

**Language:** Arabic & English

**Days:** 1 day

**Fees:** Contact Us



#### Who needs this qualification?

All employees who handle materials, boxes, mail and packages, including both industrial and office workers