



## LAYC Training Scheme Manual Handling



### **Introduction**

A basic level introduction to Manual Handling. What does it mean for your club or group? A practical look at Manual Handling in your club covering risk assessment and task planning and equipment issues.

### **Content**

The course is very practical with discussion, presentation and tutor input and is aimed at youth and children's workers who are looking to increase their awareness and confidence in the topic.

### **Outcomes**

By the end of the course participants will have:

- Gained a basic understanding of the importance of proper manual handling practices
- Developed an understanding of the need for clubs and groups to take appropriate policies re health and safety and manual handling
- Considered the Manual Handling requirements of their groups and clubs and considered future changes to policies and practices