



MANUAL HANDLING & HARNESS

APL Training are the North West's premier training provider, situated between Manchester and Liverpool we are ideally placed to cater for all aspects of training. Above all else we recognise that there are three vital elements that impact on how candidates absorb course information:



*The training environment
The right trainers
The correct equipment*

**GIVING YOU THE RIGHT TRAINING,
FOR THE RIGHT JOB . . .
TO BOOK YOUR TRAINING CALL
01942 262993**

Half Day - Manual Handling

Training for any person(s) who has to train and/or assess those who are involved in manual handling in the workplace, including operatives, managers and supervisors.

- ✓ A thorough understanding of how to minimise the risk of injury to yourself and others by increasing awareness of potential manual handling hazards in the workplace and their outcomes
- ✓ The legislation and manual handling regulations that relate to lifting in the workplace
- ✓ The financial impact on industry caused by injuries from poor manual handling
- ✓ How to carry out manual handling techniques in a safe and efficient manner

Half Day - IPAF MEWP Harness Course

The IPAF accredited course designed for any operator, supervisor or manager required to select, inspect and use harnesses and lanyards for usage on MEWPs.

- ✓ A greater understanding of the regulations and legislation relating to work at height
- ✓ How to select the correct work equipment and restraint systems to reduce risk and prevent falls from height
- ✓ How to carry out inspections of equipment to ensure they are safe and fit for purpose
- ✓ How to confidently select and don a harness



FOR FURTHER INFORMATION OR TO BOOK YOUR TRAINING
CALL US ON **01942 262993** or email us on : info@apltraining.co.uk