



APTARUS™

Manual Handling Course



APT-109: Manual Handling

This online course covers the relevant regulations surrounding manual handling in the workplace. Developed with the assistance of trainers and industry experts, it utilises the latest training techniques to ensure that information is understood and retained by your employees.

- Legislation
- The Musculoskeletal System
- Ergonomics
- Risk Assessment
- Mechanical Equipment
- Health & Fitness
- Safe Handling Techniques
- Manual Handling Certification



The Skeleton

The upper half of the skeleton consists of the following parts:

- Skull
- Collar Bone
- Shoulder Blade
- Sternum
- Ribs
- Vertebral Column



Electric Pallet Truck

An electric pallet truck is a pallet truck that utilizes an electrical energy source to jack up, push or pull a pallet.

Some of the benefits of electric pallet trucks include:

- Can be used to cover greater distances than regular pallet trucks.

Some of the issues with using electric pallet trucks are:

- Requires training.
- Requires regular charging.



Establish firm grip

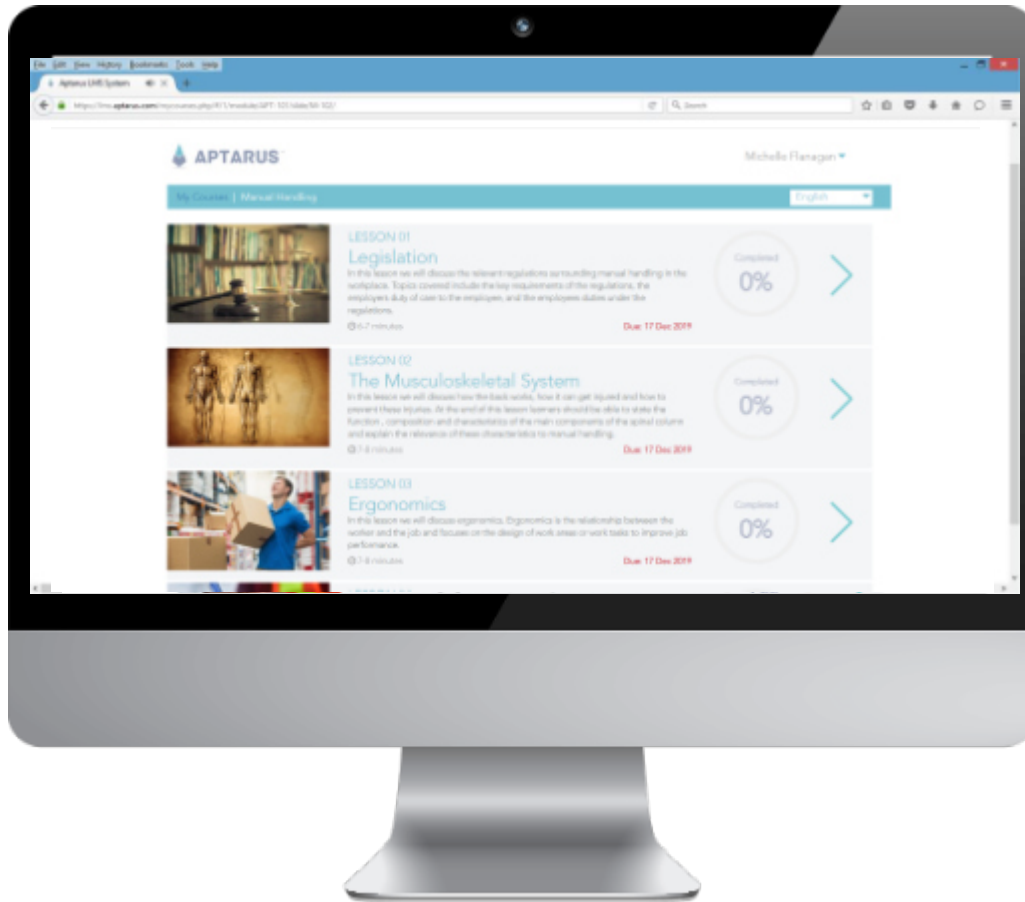
Take a firm grip by using the palms of the hands and roots of fingers.

Taking weight on finger tips will create pressure at the end of fingers and could strain muscles and tendons in the arms.

Use handles where they are available.



COURSE FEATURES



User-friendly Lessons

The course content has been designed to be easy-to-follow, yet contains the key disciplines needed for fuel-efficient driving.



Mobile-Friendly

Train anywhere, anytime, with a system designed to support phones, tablets, or PCs.



Certification

Certify your drivers to improve morale and retention. Demonstrate your commitment to eco-friendly operations to your customers.



Training Records

Training records are available online 24/7 for every driver, so you can easily see what training has been completed.



CERTIFICATION

Upon successful completion of the course, employees are awarded a digital certificate as confirmation of course completion.

Certification is valid for a period of three years, and certificates can be verified online via the Aptarus web site.



Improve employee morale and retention



Improve the workplace environment and make it safer



Raise the standard of your entire team



CERTIFICATE of ACHIEVEMENT

This is to certify that:

Philip Rafferty

Successfully completed and achieved a passing grade in

Manual Handling Theory

an online course of study offered by Aptarus Ltd.

Issued:

Verify this certificate at:



COURSE BENEFITS

- ✓ Reduction in Back Injuries
- ✓ Improved Manual Handling
- ✓ Improved Workplace Safety
- ✓ Improved Employee Morale
- ✓ Improved Employee Health
- ✓ Reduced risk of Injuries
- ✓ Improved Ergonomics
- ✓ Improved Job Performance



Manual Handling training leads to improved employee health and reduces the chances of injury.

Source: Pro-TREAD



Our online courses are available anytime, anywhere, on any device. Start improving your team today.

Regular training is the proven way to make a sustained improvement to your employee's skills. Online training with Aptarus is the best way to reach all your employees with effective training – for the smallest investment in time and money. Try it for yourself by visiting our web site and signing up for APT-109: Manual Handling



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