

A close-up photograph of a construction worker wearing a white hard hat, safety glasses, and blue gloves, carrying a large wooden beam on his shoulder. The background is a blurred construction site.

Your partners in
health, safety and
environmental
welfare

What we offer

- Occupational Health Services
- Regular Site Inspections
- Site Inspection Reports
- Non-Compliance Reporting
- Accident Reporting
- CDM Compliancy
- Risk Management Tools
- Annual Health Check
- Accident Investigation
- Training Courses
- SSIP Assistance
- Member Helpline
- Toolbox Talks
- Fire Risk Assessments
- Health and Safety Audits
- Annual Office Inspections
- Environmental advice
- UK Coverage
- Online Accident Statistics
- Dedicated Safety Advisers

Manual Handling (Half day)

This half day course will ensure that candidates understand the hazards and risks associated with manual handling and the controls available. They will understand what to expect from a manual handling assessment and it will enable them to adopt safer manual handling methods and tasks in the workplace.

Who is it for?

The manual handling course is aimed at operatives who are required to carry out any lifting, pushing, pulling or lowering of materials during the course of their day to day work.

What you will learn

On successful completion the student will be able to demonstrate knowledge of the following:

- The statutory obligations placed on managers and others
- The criteria used when carrying out manual handling assessments
- The techniques used to reduce manual handling injuries
- Guidance on load handling in various positions and situations

Course dates 2024 (AM)

- 26 Jan
- 16 Feb
- 27 Mar
- 8 Apr
- 17 May
- 12 Jul
- 8 Oct
- 18 Dec
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Course programme 2024

- HSE Statistics & Backs for the future
- The Manual Handling Process
- It's Your Choice - DVD presentation
- Common Manual Handling Injuries
- Manual Handling Assessments
- Simple Solutions

About BSG

The Building Safety Group (BSG) is a not-for-profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members operating across 3500 workplaces throughout the UK.

We conduct over 20,000 site inspections every year and train more than 10,000 construction workers.



What our clients say about us

"Excellent Instruction and very clearly conveyed."

Southside Scaffolding Limited

"BSG are clearly experts in Health and Safety training for the construction industry."

CTS

"As I was pretty new to the role, my knowledge was limited but after taking the BSG course I feel very confident I will be able to positively move on in my position. I have learnt a massive amount."

Prodeck Fixing Ltd

"I learnt a lot about disciplines I previously knew nothing about. Learnt new regs and reinforced my previous knowledge."

Mirage Interiors

Need a course at your organisation?

If you have a group of 6 or more employees requiring training, we can run courses on a private basis, at a venue of your choice on a date that suits you. We can tailor the course to meet your needs and requirements. Contact us to find out more and get a bespoke quote.

How to book

Book your place by calling our Training Services Team on 0300 304 9080 or email Training@BSGlimited.co.uk with your enquiry.

Course Rates

At BSG Training Centre

BSG Members

Rate

£90+VAT per delegate*

Non- Members

£115+VAT per delegate*

Group bookings at your premises

BSG Members

Rate

£495+VAT*

Non- Members

£620+VAT*

Group bookings at BSG Training Centre

BSG Members

Rate

£560+VAT*

Non- Members

£700+VAT*

Course fees include course materials and certification. *Plus mileage and overnight accommodation if necessary. Max. 14 delegates per course.

