



MANUAL HANDLING



The aim of this course is to ensure full compliance with the international regulations (ICAO, EASA, etc) as well with the National Authorities.

This course is designed to all staff categories involved in manual handling (admin staff included).

Syllabus

- What is manual handling?
- Standards and regulations
- The spine anatomy
- Back pain causes
- Correct manipulation techniques
- Exercise

Course duration: 1 day / 6 – 8 hours

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