



Training Course Information Form

Course Information

Course Name:

Institute/Centre: Maritime Safety Institute **Course Code:**

Type: Program Course Workshop

Course Duration: 5 days 3 days 1 day Other: --

Course Conducted: Local International
Indicate: -----

Course Venue:

Course Language: English Arabic Both Other: -----

Course Description

Course Outlines:

- The source of manual handling hazards and the types of injuries that might be sustained.
- Factors contributing to manual handling incidents.
- The importance of ergonomic design and best methods for manually lifting objects.
- Team operations and communications methods.
- How mechanical aids reduce manual handling incidents.

Course Objectives:

This course aims to provide training in Manual Handling Techniques, addressing the sources and controls of Manual Handling Hazards in order to ensure the prevention of Accidents and related injuries.

Learning outcomes:

On Completion of this course, participants should gain knowledge of the Hazards associated with Manual Handling, and be able to carry out Manual Handling operations in a safe and efficient manner that prevents injury to themselves and others, including the use of associated equipments.

Course includes: Theoretical Laboratory Workshop Site Visit (On Request)

Course Prerequisites:

All trainees must be certified by a doctor to be in good health.

Who should attend:

All Industry Personnel working Onshore, Offshore, or onboard Ships.

Course References:

- The Manual Handling Operations Regulations 1992 (UK)
- University of Glasgow, Safety and Environmental Protection Services – Manual Handling of Loads.

No. of Participants/course: 5-10 10-15 15-20 Other: -----

Qualifications of Participants:

No Particular Qualifications Required

No. of Lecturer: 1 2 5

No. of Assistance: 1 2 3

Course Facilities

White Board V. Projector Data show PC Manual Handouts
 Books Handouts Flip charts S/W Other:

Course Evaluation

Written Examination Written Report(s) Oral Presentation Attendance
 Delegates Participation

Certificate Issue: Local Premises AASTMT International

Course Registration

Registration: AAST Admission Registration Online Other: ---local-----

Fees :

Documents required: Registration form ID/Passport copy Photo