

Driver Certificate of Professional Competence

MODULE ELEVEN

MANUAL HANDLING IN TRANSPORT

- Why is this still a problem?
- What is manual handling?
- Why do I need to know about manual handling?
- Prevent pain, injury and damage.
- Lifting the right way.
- Carrying.
- Unloading.
- Special lifts.
- Pushing and pulling safely.
- Special objects need special handling.
- Learning how to lift and move things the right way.