

CPC Driver Training – Manual Handling, Safe Loading and Vehicle Checks (Classroom and Practical in-yard Training 7 Hours)

Course Aims and Objectives

Aims:

To highlight and discuss the risks associated with manual handling, safe loading of vehicles and vehicle checks. Develop strategies to proactively avoid harm to oneself, potential collisions caused by the loading or condition of a vehicle. Aiming to reduce personal and business costs including wear & tear.

Objectives:

- Defining and understanding safe manual handling, injury causation, understanding good techniques and applying the principles for controlling manual handling.
- Considering the weight, size and specific nature of a load in order to contain or restrain it safely for transportation
- Developing safer habits and robust processes in proactive vehicle checking.
- Understanding methods of loading and unloading a vehicle safely for the road. Practically demonstrating use of strapping and other forms of restraints/containment.

With an option to conduct ongoing monthly E Learner sessions.