

# A guide to builders and designers on how to manage 'Manual Handling'

25th March 2015  
Bangor University



**Help for the industry - from the industry**

# A guide to builders and designers on how to manage 'Manual Handling'



Manual handling continues to be one of the main causes of injuries and absences from work. As part of our continued drive to improve standards and reduce the number of injuries to workers in the industry, the **Working Well Together** group supported by the Health and Safety Executive together with the “National Back Exchange”, are holding a free seminar for local contractors, designers and others in North Wales.

The Construction Design Management Regulations emphasise the need to plan and manage work and to this end this event will raise awareness of health and safety issues facing the industry, and provide practical advice on how you can manage and avoid risks in terms of designing, constructing, the subsequent use of the buildings and structures and any ongoing repair and maintenance

This event is supported by the industry and designed to suit the needs of those dealing with manual handling work.

If you run a small company and are involved in manual handling work, or if you design buildings and structures then it is important for you to attend this event which is **free**.

Join this event to make sure that our industry is safer. It is an expectation that your company will attend.

There is no charge for the event, however, numbers are restricted to **two** representatives per company.



Practical Solutions



New Equipment

# Event Programme



- 09.00     *INTRODUCTION - Main Arts Theatre*
- 09.15     **Dr Oliver**  
Occupational Health and Musculoskeletal health (Main Arts)
- 10.15     **CDM - Manual handling Considerate Design**  
A talk on how good design can have a lasting effect on manual handling
- 10.45     **Pristine condition**  
Practical demonstration on moving and handling
- 11.45     **Matthew Birtles**  
Ergonomic Risk assessment showing some 'tricks of the trade'
- 12.30     *LUNCH AND EXHIBITION*
- 13.30     **Stair climber demo**  
Demonstration of the stair climber, it's uses and application
- 13.20     **Back Track demo**  
A system that consists of a sophisticated motion sensing device
- 13.50     **Matthew Birtles**  
Update on MAC assessments and Push/Pull tool, HSE's quick, straight forward approach to manual handling risk assessment
- 14.45     **David Brown - Rossiter techniques**  
Techniques used to assist with aches, pain, tension and posture
- 15.30     *QUESTIONS AND ANSWER SESSION*
- 16.00     *END*

**Delegates can also select other sessions that may be of interest from the main programme**

**Some exhibits are outside, so please wear appropriate clothing.**

**BOOK NOW!**

*WWT campaign reserves the right to amend this programme*



# A guide to builders on how to manage 'Manual Handling' BOOKING FORM

25th March 2015 Bangor

**Places will be allocated on a first come first served basis, so book early to ensure your place.**

Please complete all details clearly:



I would like \_\_\_\_\_ place(s)

Name(s) attending \_\_\_\_\_  
\_\_\_\_\_

Company/Business name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Where did you hear of this event? \_\_\_\_\_

**Post, fax or email your booking by 20th March**

Post to: Elin Rhys

Fax to: 01286 679144

HSW Development Officer

Council Offices

E-mail: [ElinRhys@gwynedd.gov.uk](mailto:ElinRhys@gwynedd.gov.uk)

Gwynedd Council

Caernarfon LL55 1SH

Please tick size of company  
(number of people)

0-5

6-15

16-50

50+

WWT may retain your details in a computer record for accounting purposes, evaluation of the seminar and to advise you of other seminars and publications which may be of interest to you. If you do not wish to receive further information please tick the box.

WWT may pass basic details of companies attending this event to exhibitors. If you would prefer your contact details not to be passed on – please tick the box.

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Supported by



North East Wales Construction Training Group



GRŴP HYFFORDGIANT ADEILADU OGGLEDD ORLEWIN CYMRU



For information on the Working Well Together campaign: [www.wwt.uk.com](http://www.wwt.uk.com)



## BOOKING FORM



# How to find us



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# BOOK NOW!