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.









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 I UNCH AND EXHIBITION 1330 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 guick, straight forward approach to maual handling risk assessment 14.45 **David Brown - Rossiter techniques** Techniques used to assist with aches, pain, tension and posture 15.30 OUESTIONS AND ANSWER SESSION 16.00 FND

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!





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

			ZJ	th March 2015 Daligo	
Places v	will be allocated on a fir	st con	ne first se	erved basis, so book early to	
ensure	your place.				
Please complete all details clearly: I would like place(s)			Munthe Report of the Party of t		
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Where di	d you hear of this event?				
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Post to:	Elin Rhys HSW Development Office	er	Fax to:	01286 679144	
	Council Offices Gwynedd Council		E-mail:	ElinRhys@gwynedd.gov.uk	

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. \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.

6-15

16-50

Caernarfon LL55 ISH

0-5

Please tick size of company

(number of people)

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50+

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For information on the Working Well Together campaign: wwt.uk.com











The Building Safety Group

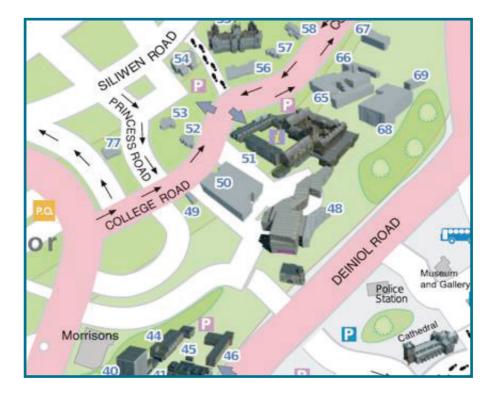
PENERGY NETWORKS

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How to find us



25th March 2015 Bangor University, College Road, Bangor LL57 2DG





