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



10th April 2013 Bangor University



Help for the industry - from the industry



A guide to builders 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 "North West and North Wales Back Exchange", are holding a free seminar for local contractors, and others in North Wales.

This event is supported by the industry and designed to suit the needs of those dealing with manual handling work. The aim is to raise awareness of health and safety issues facing your industry, and provide practical advice on how you can manage and avoid risks.

If you run a small company, or if you are involved in manual handling work, 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



| 09.30 – 09.50 | COFFEE AND REGISTRATION |
|---------------|--|
| 09.50 - 10.00 | Ellen Beard Welcome |
| 10.00 – 10.15 | Lisa Fowlie Setting the Scene |
| 10.15 – 11.00 | Spine Clinic |
| 11.00 – 11.30 | Matthew Birtles <i>HSL</i> How work can cause musculoskeletal injury and how this can be avoided through good design, and the influence of working posture on well-being. |
| 11.30 – 13.30 | EXHIBITORS AND LUNCH |
| 13.30 – 14.30 | Matthew Birtles <i>HSL</i> HSE's quick, straight-forwards approach to manual handling risk assessment |
| 14.30 – 15.30 | LANTRA Object Handling a practical demonstration |

Some exhibits are outside, so please wear appropriate clothing.



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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 | |
| Pos | tcode |
| Telephone Fax | |
| E-mail | |
| Where did you hear of this event? | |
| Post, fax or email your booking by 5 | 5th April |
| Post to: Elin Rhys HSW Development Officer | Fax to: 01286 679144 |
| Council Offices Gwynedd Council Caernarfon LL55 ISH | E-mail: ElinRhys@gwynedd.gov.uk |
| Please tick size of company (number of people) 0-5 | 6-15 |
| seminars and publications which may be of interest to you. If y | ing purposes, evaluation of the seminar and to advise you of other you do not wish to receive further information please tick the box. to exhibitors. If you would prefer your contact details not to be |



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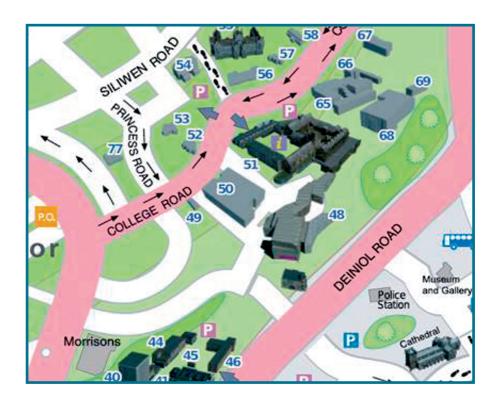


For information on the Working Well Together campaign:

wwt.uk.com



How to find us



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Bangor University



