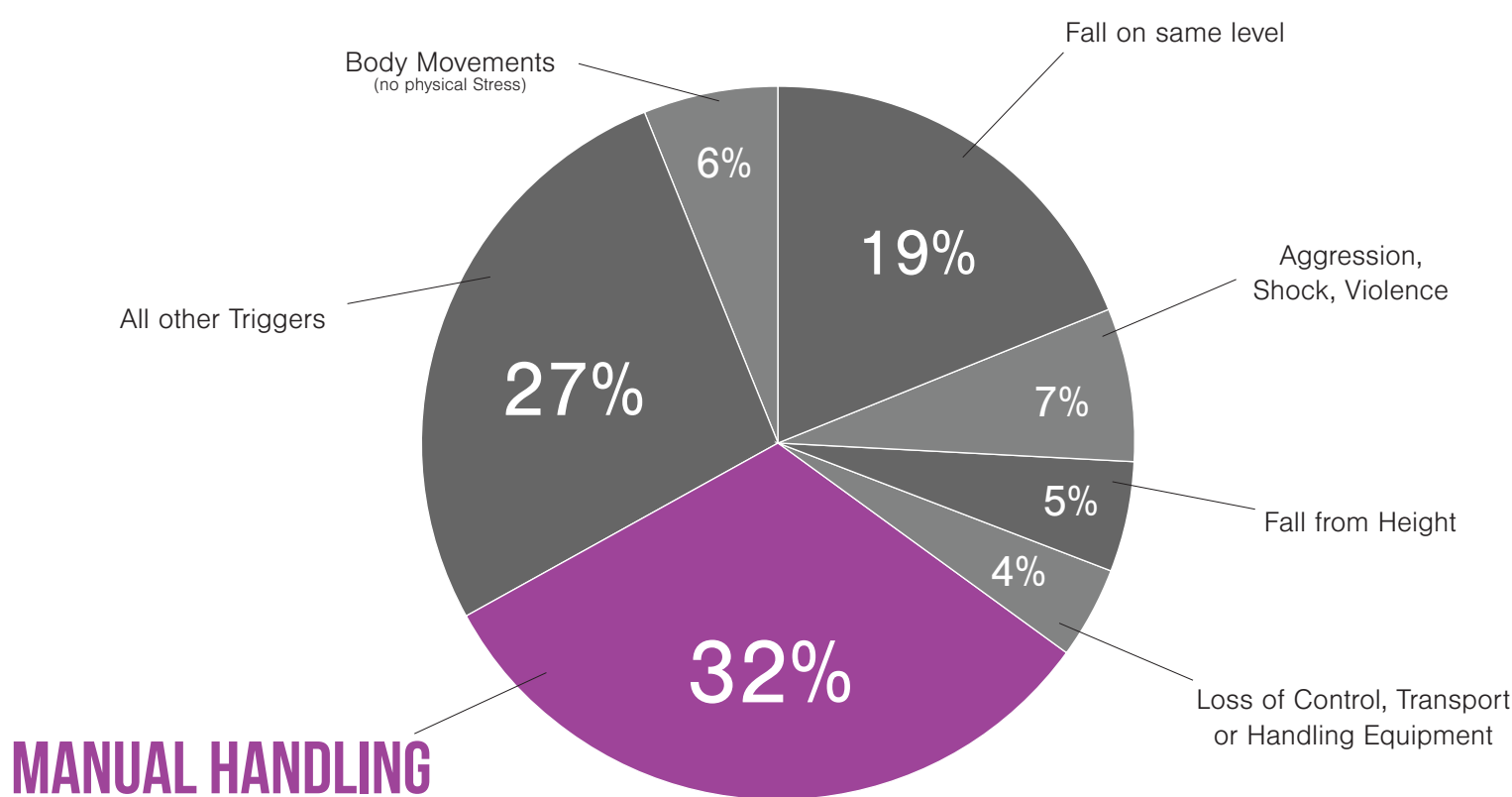


# WHY MANUAL HANDLING TRAINING

## MANUAL HANDLING IS THE MAIN CAUSE OF INJURY AT WORK

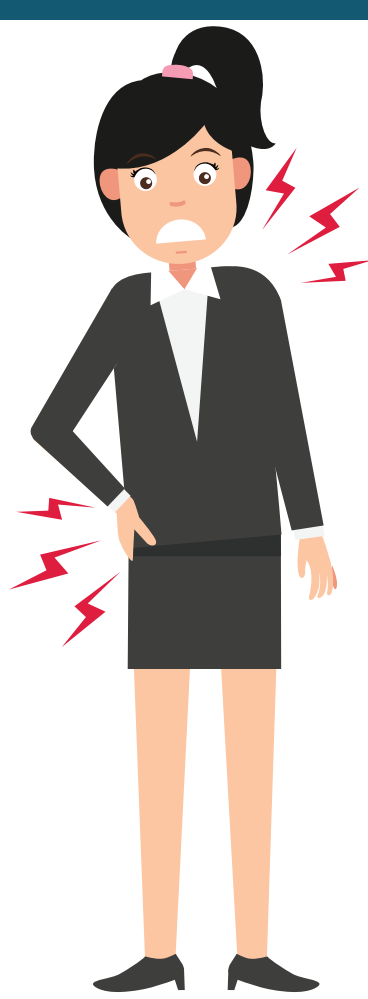
Manual handling accounts for over one-third of all reported incidents in the **HOSPITALITY** sector.



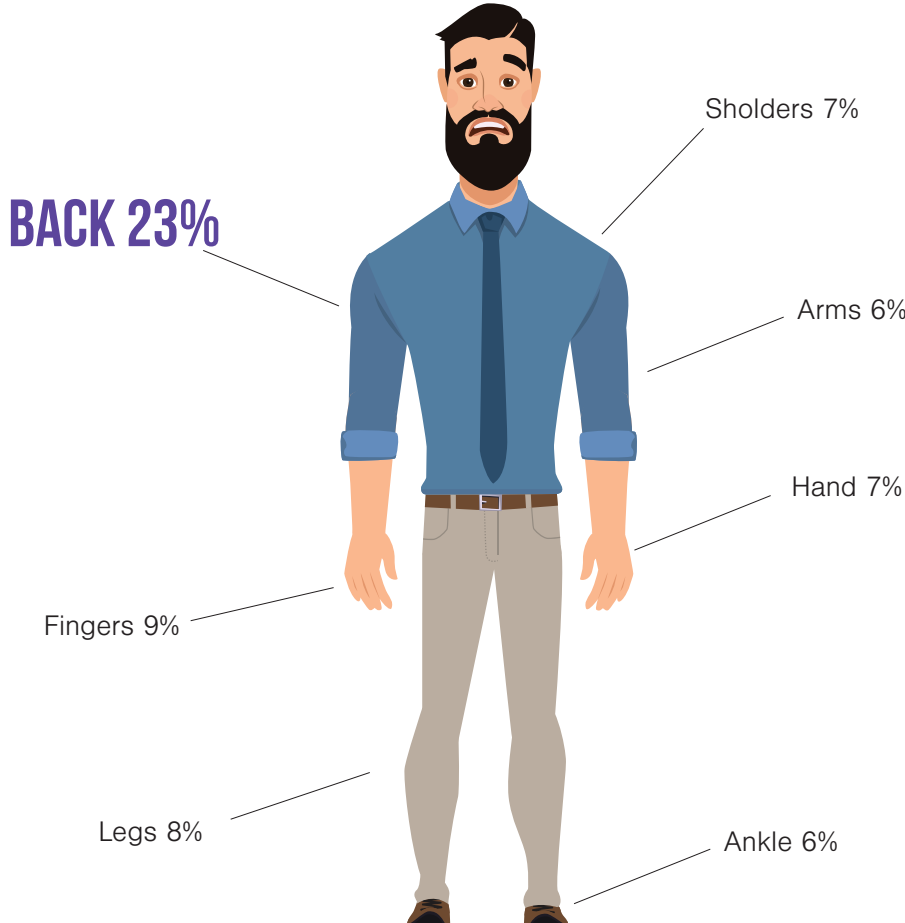
## ABSENCE FROM WORK

**13,198**  
estimated

Work injuries requiring an absence from work of four or more days in 2016



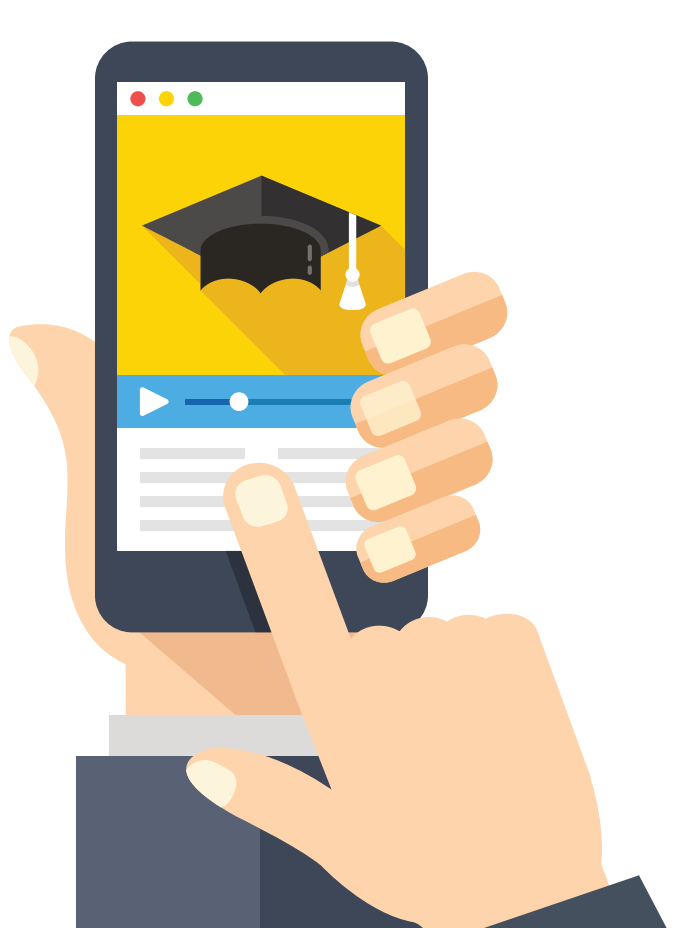
## MOST INJURED BODY PARTS



## BENEFITS OF MANUAL HANDLING TRAINING



## HOW TO AVOID INJURY TO YOUR STAFF



## ONLINE MANUAL HANDLING TRAINING

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Health and Safety Authority. (2020). Guidance on the Management of Manual Handling in the Workplace. [online] Available at: [https://www.hsa.ie/eng/Publications\\_and\\_Forms/Publications/Manual\\_Handling\\_and\\_Musculoskeletal\\_Disorders/Guidance\\_on\\_the\\_Management\\_of\\_Manual\\_Handling\\_in\\_the\\_Workplace.html](https://www.hsa.ie/eng/Publications_and_Forms/Publications/Manual_Handling_and_Musculoskeletal_Disorders/Guidance_on_the_Management_of_Manual_Handling_in_the_Workplace.html) [Accessed 11 Feb. 2020].

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Health and Safety Authority. (2020). The Benefits. [online] Available at: [https://www.hsa.ie/eng/Small\\_Business/Getting\\_Started/The\\_Benefits/](https://www.hsa.ie/eng/Small_Business/Getting_Started/The_Benefits/) [Accessed 11 Feb. 2020].