Manual Handling Training UAE

Service Objectives

- Reduce musculoskeletal disorders, recordable incidents, and lost-time injuries.
- Build safe habits through risk recognition, TILE/O dynamic assessment, and body mechanics.
- Demonstrate neutral spine, stable base, load proximity, and correct push–pull techniques.
- Select and use the right handling aids (trolleys, dollies, pallet jacks) for the task and environment.
- Coordinate effective team lifts and communication protocols with spotters and supervisors.
- Integrate outcomes into SOPs, JSAs, permits, toolbox talks, and near-miss reporting.

> Aligned with ISO 45001 and UAE frameworks (MOHRE, AD EHS Center/OSHAD, Dubai Municipality and Civil Defence). Produces auditable competence records suitable for client assessments and regulatory inspections.

Who This Service Is For

- Frontline operators, riggers, helpers, warehouse pickers, maintenance technicians, nursing and facilities teams, drivers, supervisors, and HSE managers.
- Organisations handling raw materials, spools, pallets, medical supplies, drums, valves, tooling, or using aids such as trolleys and pallet jacks.
- Sectors: oil and gas, petrochemical, construction, manufacturing, logistics, power and utilities, and healthcare across the Emirates.
- Work settings: confined plant rooms, congested decks, temperature-controlled warehouses, clinical corridors, and busy yards.
- Contractors and EPCs seeking prequalification readiness and stronger client audit performance.

Duration & Process Overview

- Delivery options: 3–4 hour foundation; 6-hour enhanced with extended practicals; 2-hour refresher; optional 90-minute supervisor enhancement.
- Formats: on-site, virtual, or hybrid to reach multi-shift and off-shift teams; phased rollout starting with a pilot, then scale to sites/teams.
- Cohort size: 12–16 participants per facilitator to ensure observation and coaching; practical stations used for larger cohorts.
- Pre-session scoping: short needs analysis, SOP/JSA and incident review, and where feasible a site walk; micro-learning follow-ups to sustain competency.

Methodology

Phase	What It Covers	Duration / Deliverable

Needs Analysis & Scoping	Map tasks and loads; review SOPs/JSAs and incident data; short site walk to tailor scenarios.	Pre-session; tailored content and scenarios.
Foundations of Safe Handling	Injury mechanisms; UAE incident context; TILE/O dynamic risk assessment; hazard spotting walk-through.	45–60 min; baseline knowledge and risk language.
Body Mechanics & Posture	Neutral spine, base of support, load proximity; coach-led lifting drills with mock loads.	45–60 min; demonstrated technique.
Use of Aids & Equipment	Trolleys, pallet jacks, slings; push vs. pull; obstacle course simulating site conditions.	45–60 min; correct selection and use of aids.
Team Lifts & Communication	Signals, roles, route planning, spotters; two- and three-person lift simulations.	30–45 min; synchronised team handling.
Application to Your Tasks	SOP/JSA alignment; near-miss reporting; scenario-based assessment on site-specific issues.	30–45 min; applied competency.
Assessment & Certification	Short knowledge checks; facilitator observation; scenario evaluation; certificate of completion.	Embedded throughout; auditable records issued by NPM.
Optional Enhancements	Shift-specific fatigue and hydration; supervisor coaching on observation quality and toolbox talk integration.	Add-on modules; sustained reinforcement.

Follow-up & Deployment

- Pilot cohort to refine scenarios, then scale to production areas, warehouses, field and clinical teams.
- Virtual pre-briefs and micro-learning follow-ups to maintain competency between cycles.