

# Book onto a Manual Handling Course

Manual Handling injuries can be life changing.

## Staff Accident: Back strain removing ladders from a vehicle



Image above shows the ladders stored in the vehicle  
Poor storage

Image above shows awkwardness when removing  
badly stored large awkward items.

Every period a number of our colleagues get injured due to manual handling incidents. A number of Manual Handling courses have been registered on Oracle at various locations across the route. **Line Managers must book their frontline staff on a course by emailing [trainingrwex@networkrail.co.uk](mailto:trainingrwex@networkrail.co.uk) or encourage their staff to self-enrol through the e-business suite.**

### Who needs to attend?

- All frontline staff who has NOT attended any Manual Handling training in the last year.
- If you are uncertain whether your employee needs Manual Handling training, please contact: [Grazia.Elshehmy@networkrail.co.uk](mailto:Grazia.Elshehmy@networkrail.co.uk)

**Please check on Oracle for suitable courses, dates and locations.**