

# 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. Delegates have the option to either self-enrol through the e-business suite or by emailing [trainingrwex@networkrail.co.uk](mailto:trainingrwex@networkrail.co.uk) with the employee name and employee number as well as course details.

31<sup>st</sup> March, Eastleigh DU

4<sup>th</sup> & 5<sup>th</sup> April, Salisbury AMM

7<sup>th</sup> April, Eastleigh DU

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