Ergonomics and Manual Handling in the Workplace

Health, Safety and Environment (HSE)

Course Overview

Ergonomics and Manual Handling in the Workplace: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live...

What You Will Achieve

- Explain the core principles and current good practice in Ergonomics and Manual Handling in the Workplace
- Apply practical tools and techniques for Ergonomics and Manual Handling in the Workplace in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Ergonomics and Manual Handling in the Workplace in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

HSE managers and officers, operations and site managers, supervisors, safety representatives and anyone accountable for workplace safety.

Course Outline

1. Setting the scene: Ergonomics and Manual Handling in the Workplace in today's organisation
2. Key concepts and the language of Ergonomics and Manual Handling in the Workplace
3. Frameworks and good practice that deliver results
4. Hands-on application: workshop exercises and cases
5. Problem-solving clinic: participants' real challenges
6. Integrating Ergonomics and Manual Handling in the Workplace with day-to-day operations
7. Reporting, metrics and demonstrating value
8. Action planning: your first 90 days after the course

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
2 to 6 Nov 2026	Kigali	**$1,395**
16 to 20 Nov 2026	Cape Town	**$1,450**
30 Nov to 4 Dec 2026	Lusaka	**$1,650**

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.