



## **The following subjects are covered in Manual handling and Fire Awareness**

- Introduction to drivers CPC
- What is manual handling
- Regulations affecting manual handling
- Accident Statistics
- The Spine
- TILE
- Principles of good handling techniques includes practical element
- Causes of Fire and the dangers
- Fire triangle and smoke inhalation
- Actions in the event of a fire
- Fires on site and on the road
- Fire extinguishers and usage
- Fire prevention
- Course evaluation

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