



Manual Handling

The course is aimed at anyone who requires a course in manual handling and is ideal for all workplace requirements.

The course is designed to meet the requirements and recommendations of the HSE Manual Handling Regulations 1992.

Training can be important in raising awareness and reducing risk, but it won't ensure safe manual handling on its own. It should complement your existing manual handling operations to be as safe as reasonably practicable.

The syllabus includes:

- Manual handling risk factors & how injuries can happen.
- How to use mechanical aids
- How to carry out safe manual handling, including good techniques.
- Systems of work relevant to the worker's tasks & environment.
- Practical work so the trainer can identify anything the trainee is not doing safely & help put it right.

Duration: 3 hours.

Entry Criteria: No prior qualifications required.

Certification: Safe Moving & Handling Level 2

