

Manual Handling Course

Manual Handling Course Overview

Manual handling injuries causes more lost working days in the UK, with sprains and strains due to the incorrect lifting and moving of objects causing most suffering to employees.

The Manual Handling Operations Regulations place a requirement that all employees have adequate knowledge or training in safe manual handling practices to try and minimise the effects of poor manual handling techniques, this applies to all sectors and almost every job.

This manual handling course is fully customizable to your industry, company or job role and will meet your legal requirement to provide staff with a information and training in safe manual handling techniques.

Manual Handling Course Syllabus

- The reasons for safe manual handling
- Manual handling risk assessments and how they contribute to health and safety
- The principles, types of equipment and testing requirements associated with manual handling safety
- Apply safe manual handling principles

Manual Handling Course Duration

2 Guided Learning Hours (*minimum*)

In some cases this course should be run over a longer period due to the activities in your organisation.

Manual Handling Course Prerequisite

There are no formal prerequisites for this course.

Please inform us of any learning or physical special needs that any delegates may have prior to the course, so that we can cater for these.

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Manual Handling Course Assessment Process

This course is assessed by a competency-based assessment through practical demonstration of correct techniques covered in the course.

Manual Handling Course Renewal Process

This course is kept valid by retaking a manual handling course at least every 3 years.

Other Courses of Interest

- 👤 HABC Level 3 Health and Safety Course
- 👤 CIEH Level 2 Food Safety Course
- 👤 HABC Level 2 Manual Handling Course
- 👤 Fire Marshall Course
- 👤 HSE First Aid at Work Course

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