

Level 2 Manual Handling Principles and Practice



*'Helping you deliver
a duty of care'*

Phone: 01524 220 221

This qualification introduces candidates to the hazards and risks involved in manual handling and outlines what to expect from a manual handling assessment. It will enable employees to develop safer manual handling techniques in the workplace. This extra 3 hours is for those who need to learn about practical manual handling techniques and how to apply the principles of safer handling to a range of everyday manual handling tasks.

Who Should Attend

This qualification is suitable for all employees and gives a basic knowledge of manual handling issues within the general workplace and will benefit anyone who has to carry out any manual handling activities at work.

Learning Outcomes

By the end of this course delegates should be able to understand:

- That manual handling operations can be hazardous to health
- How manual handling operations can cause injury and harm
- The scope of legal requirements with regard to manual handling operations in the workplace.
- The process for assessing risks from manual handling and the factors that need to be considered in a manual handling risk assessment
- The value of risk assessment and how it applies to safe manual handling practice.
- How to apply the principles of safer handling to a range of everyday manual handling tasks

Course Content

Delegates will receive training in the following subjects:

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations
- Manual handling techniques

Course Duration

The course is 1 day in duration (6 hours + exam)

Assessment Method & Certification

The assessment will be by the completion of a multiple choice question examination and a practical assessment. On successful completion of the course, delegates will receive a certificate of competence, which is valid for 3 years.

Candidates wishing to obtain a Nationally Accredited Certificate would sit the exam for the relevant Awarding Body (for the additional price of the certification and exam fee of the Awarding Body).

For this Qualification we can currently offer certification from the following Awarding Bodies:

CIEH (The Chartered Institute of Environmental Health)