

MANUAL HANDLING PRINCIPLES & PRACTICE



- **Qualification Title:** Level 2 Manual Handling Loads RQF
- **Accreditation** - FAA
- **Duration** - 1 days (6 hours)
- **Location** - Onsite or nationwide

- **Maximum Group Size** - 16
- **Cost per group/individual** - £495/£75
- **Difficulty** - Easy

COURSE INTRODUCTION - This course provides an ideal approach to safer and more effective manual handling, not only meeting HSE recommendations, but also promoting good and safe practices in any situation.

Complies with employer's statutory requirements

Creates a safer working environment

- Complies with employer's statutory requirements
- Creates a safer working environment
- Reduces the risk of injury
- Potential cost-savings for the business

Syllabus – A range of Manual Handling related subjects are covered including:

- What is manual handling?
- Manual handling injuries
- Legislation
- Avoiding manual handling
- Accident reporting
- Risk assessments
- Risks associated with lifting and handling
- Loads
- Working environment
- Other environmental factors
- Individual capability
- Good practice
- Anatomy and physiology

What's Included –

- An accredited and regulated Manual Handling Principles & Practice certificate valid for 3 years
- Comprehensive digital course manual
- Renewal notification prior to course expiry date
- Optional updates and newsletters

Reviews

What to Bring –

- Comfortable clothing and footwear
- Photographic Identification
- Mobile Phone
- Lunch

FAQs

How many learners can attend? Up to 16 learners can attend. Larger groups can be accommodated for, just let us know.

How is the course assessed? This course is assessed via oral/written questioning and practical scenario assessments.

How long does certification last for? The qualification lasts for a period of 3 years, but refresher training and keeping up to date with changes to policies, procedures, and new legislation through ongoing CPD is vital. The HSE strongly recommends an annual refresher course to keep skills fresh and in date.

What is the minimum age for this qualification?

This qualification is available to learners aged 14 years or over although a student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

Can the qualification be split into smaller sessions?

Yes. A minimum of six contact hours in the classroom, consisting of practical and theoretical activities, plus some pre-course activity could be required. Ideally, the course should be run over one day, but can be spread over a longer time period if you so desire, providing it is completed within 4 weeks of starting the course and the training sessions last for a minimum of two hours.

Can this be delivered online? Yes, this can be offered as a distance learning course with 2 hours delivered online and 4 hours face to face classroom style learning.

Are there any entry requirements? Learners must have the literacy skills to be able to read and write and reference additional resources. In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor if a distance learning option is required.

Supporting Courses –

- Practical Fire Extinguishers
- Fire Safety