



# SAFE MOVING & HANDLING

## COURSE CONTENT

### AIM

To provide delegates with an overview of the legal requirements related to manual handling, how to complete manual handling risk assessments and the key principles of manual handling and how to apply these in the workplace.

### Pre-Requisite

No prior knowledge required.

Please note: delegates will be required to undertake practical manual handling assessments and therefore must be in good health

### Course Duration

1 day.

### Maximum Number

12 delegates

### Assessment

3 x Practical assessments

1 x Multiple Choice Question Paper

### Certification

On successful completion of the course candidates will receive a Quallsafe Level 2 Award in Safe Moving and Handling

### Additional Information

Meeting the needs and expectations of service users is of the highest priority to our staff. Therefore, if you have any concerns or wish to make a comment about the service please contact: [quality@NETA.co.uk](mailto:quality@NETA.co.uk)

## COURSE OBJECTIVES

On successful completion of the course delegates will:

- Understand the reasons for safe manual handling
- Understand how manual handling risk assessments contribute to improving health and safety
- Understand the principles, types of equipment and testing requirements associated with manual handling safety
- Be able to apply safe manual handling principles

## **COURSE SYLLABUS**

### **Module 1: Understand the reasons for safe manual handling**

- Outline the potential injuries and ill health associated with incorrect manual handling
- Outline employer's and employee's duties relating to manual handling at work
- Outline the consequences for non-compliance with health and safety requirements at work

### **Module 2: Understand how manual handling risk assessments contribute to improving health and safety**

- Explain the terms 'hazard' and 'risk' in the context of manual handling work
- Outline the process for carrying out a manual handling risk assessment
- Describe the principle of the risk control hierarchy when applied to manual handling

### **Module 3: Understand the principles, types of equipment and testing requirements associated with manual handling safety**

- Describe safe movement principles associated with manual handling
- Outline the types of equipment designed to be used for manual handling tasks
- Outline the requirements for the testing, servicing and examination of manual handling and lifting equipment

### **Module 4: Be able to apply safe manual handling principles**

- Applying effort to, or moving a load or object manually on their own
- Using a manual handling aids and equipment
- When undertaking a manual handling tasks as part of a team