

## **Manual Handling (6 Hours/ 1 Day)**

---

**RQF Level 2 Award** England, Northern Ireland & Wales – Internationally Recognised

**Qualification Title:** FAA Level 2 Award in Manual Handling – Principles and Practice – Code 600/7624/0

**Unit 1 Title:** Manual Handling Safety at Work– Unit Code D/602/4593

**Credit:** 2

### **DESCRIPTION**

We are all exposed at times to some form of manual handling such as lifting, carrying, pulling and pushing actions that can be compounded by simultaneous movements such as climbing or pivoting. Over one million working days are lost per year as a result of personal injuries sustained through incorrect manual handling in the workplace, as well as the pain and suffering experienced by the casualties. Correct manual handling techniques can make a huge difference.

For many years the Health and Safety Executive has recognised the risks arising from manual handling and as such, evidenced this in their Regulations and Advisory activities promoting good practice.

The Regulations require employers to provide their employees with health and safety information and training – this can be supplemented, as necessary, with more specific information and training on manual handling injury risks and prevention.

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.

### **DURATION**

A minimum 6 contact hours in the classroom (one-day course). Depending on the learner's experience, some pre or post-course reading may be required.

### **CERTIFICATION**

Practical assessment is ongoing by the instructor; at the end of the session participants are to complete a written test. This is a lifetime qualification. However refresher training is always recommended.

### **NUMBERS**

A maximum of 16 students can be accommodated; all learners must be a minimum of 14 years of age.

### **INCLUDED IN COST**

Delivery onsite, manuals, certification and postage.

**\*Our Awarding Body is First Aid Awards Ltd.**

## SYLLABUS

A range of subjects are covered including:

- 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

## LEARNING OUTCOMES

Learning Outcome	Assessment Criteria
<b>1. Understand the reasons for safe manual handling</b>	1.1 Outline the potential injuries and ill health associated with incorrect manual handling 1.2 Outline employers and employees duties relating to manual handling at work 1.3 Outline the consequences for non-compliance with health and safety requirements at work
<b>2. Understand how manual handling risk assessments contribute to improving health and safety</b>	2.1 Explain the terms ‘hazard’ and ‘risk’ in the context of manual handling work 2.2 Outline the process for carrying out a manual handling risk assessment 2.3 Describe the principle of the risk control hierarchy when applied to manual handling
<b>3. Understand the principles, types of equipment and testing requirements associated with manual handling safety</b>	3.1 Describe safe movement principles associated with manual handling 3.2 Outline the types of equipment designed to be used for manual handling tasks 3.3 Outline the requirements for the testing, servicing and examination of manual handling and lifting equipment
<b>4. Be able to apply safe manual handling principles</b>	4.1 Demonstrate efficient and safe manual handling principles when: (a) applying effort to, or moving a load or object manually on their own (b) when using manual handling aids and equipment (c) when undertaking a manual handling task as part of a team