



Graham Howard  
CONSULTING

# Manual Handling

## Level 2 Award in the Principles of Manual Handling in the Workplace (RQF)

This qualification is delivered over a half day.

The course introduces delegates to the principles of safer manual handling and the qualification has been developed to provide an introduction to the basics of manual handling in the workplace and the content has been written to meet guidance from the manual handling operations regulations.

The topics covered in this course are:

- Manual handling injuries.
- Employers and employees responsibilities.
- The steps involved in conducting a manual handling risk assessment.
- Practical controls during manual handling activities.
- Safer movement principles while manual handling.
- Using equipment for moving and handling loads at work.

The qualification is assessed by a multiple choice examination and through delegate demonstration throughout the course.

For more information contact:

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