

Manual Handling

Certificate Aims

This certificate has been designed to allow the candidate to demonstrate the knowledge and skills required for reducing the risk of injury in the workplace from repetitive tasks involving manual handling. The candidate will be aware of the laws in place for manual handling and be able to recall principles and procedures for safe manual handling. Candidates will be aware of poor handling techniques, and the strains that these place upon the body. The candidate will also be able to recognise risks of manual handling and act to reduce them within the workplace.

Qualification Structure

The unit is delivered using theory and practical elements. The course is finished with an end of topic quiz, allowing users to gauge their understanding of the material.

Course Aim/Learning Outcomes

The aim of this course is to provide learners with the basic skills of manual handling by instilling a knowledge of the background theory and principles. The course will also allow for a place for learners to practice learned essential manual handling skills.

The learner must demonstrate a basic understanding of the procedures, laws and mechanics of manual handling and an awareness of the risks involved via written paperwork and end of module quiz. The learner must also demonstrate the skills required to safely lift and manoeuvre objects that they would typically be handling within their role.

The Outcomes of the course are to sufficiently prepare candidates in;

- Understanding workplace laws regarding manual handling.
- Understanding the basics of the musculoskeletal system.
- Understanding the mechanics of movement and types of manual handling injuries.
- Understanding how to produce a risk assessment and implement control measures for manual handling.
- Understanding principles for manual handling safely.
- Understanding the types of equipment available for reducing risk of injury whilst manual handling.
- Demonstrating manual handling technique based on theory knowledge.

After the course is delivered you will receive an in-house certificate if selected for on booking.