

DISTANCE LEARNING

LEVEL 2 AWARD IN MANUAL HANDLING – PRINCIPLES AND PRACTICE (RQF)

Who is this training for?

The risks arising from manual handling have been recognised by the Health and Safety Executive as evidenced in their regulations and advisory notices promoting good practice. The qualification is designed for those who carry out manual handling at work and provides essential information about controls and hazards. Employers are required to take appropriate steps, including training, to reduce the risk of injury to employees who carry out any manual handling activities at work.

What does the training cover?

The learning outcomes below describe the skills and knowledge you will gain by successfully completing the qualification.

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

The assessment criteria below state the skills, knowledge, and competence you will acquire by successfully completing the course & will be able to discuss during the final course assessment.

1. Outline the potential injuries and ill health associated with incorrect manual handling.
2. Outline employer's and employee's duties relating to manual handling at work.
3. Outline the consequences for non-compliance with health and safety requirements at work.
4. Explain the terms 'hazard' and 'risk' in the context of manual handling work.
5. Outline the process for carrying out a manual handling risk assessment.
6. Describe the principle of the risk control hierarchy when applied to manual handling.
7. Describe safe movement principles associated with manual handling.
8. Outline the types of equipment designed to be used for manual handling tasks.
9. Outline the requirements for the testing, servicing and examination of manual handling and lifting equipment.
10. Demonstrate efficient and safe manual handling principles when:
 - Applying effort to, or moving a load or object manually on their own
 - Using manual handling aids and equipment
 - Undertaking a manual handling task as part of a team.

How does distance learning work?

Training will begin on the first date as a group, via zoom, introducing the course and covering some key topics, much like a standard training course.

You will then be provided with the latest electronic learning resources, including presentations, videos and web links as your main point of reference, to research key areas as independent learning in your own time, coming back together again a little later for the second date to reflect with more teaching & independent learning.

Throughout the duration of the course you will have contact with our trainers on a regular basis to ask any questions, gain support, monitor progress, provide teaching and to enable discussion and Q&A sessions.

Our trainers will be able to gauge your level of knowledge and understanding and decide if you are ready to move on to the next Module/s and ultimately when you are ready for the assessment.

How is this training course assessed?

The final assessment is done in the form of a recorded professional discussion conducted on a one-to-one basis at a time that suits you & the trainer. An hour slot is usually given, but most assessments take approx. 30 mins.

What do I need to bring?

You will be provided with the latest electronic learning resources, including presentations, videos and web links as your main point of reference, to research key areas as independent learning in your own time.