

Moving and Handling (Manual Handling)

Who is this qualification for?

This qualification is aimed at learners who are starting or returning to work or who need specific training in manual handling. It is also suitable for refresher training.

How long will it take?

To complete this qualification, learners should expect to undertake 2 hours of learning.

Topics covered:

These include reasons for safe manual handling, anatomy of the body, completing risk assessments, manual handling equipment and how to apply safe manual handling principles.