

SAFE MOVING & HANDLING

Duration: 1 Day

COURSE AIM

This course is designed to provide knowledge and awareness of how to Manually Handle a range of objects, and provide a range of control methods and practices to ensure safe Manual Handling.

CERTIFICATION

On completion candidates will be awarded a Quallsafe, Ofqual approved Level

DID YOU KNOW WE ALSO OFFER THE FOLLOWING COURSES?

- Quallsafe Level 3 First Aid at Work (3 Day)
- Quallsafe Level 2 Emergency First Aid at Work (1 Day)

COURSE CONTENT

Delegates will cover the following areas.

- Understand the reasons for safe manual handling
- Understanding Manual Handling risk assessments
- Awareness of Manual Handling injuries
- How to apply safe manual handling principles
- Practical Sessions
- Team Handling
- Understand the principles, types of equipment and testing requirements associated with manual handling safety



WHO SHOULD ATTEND?

Anyone who is expected to manually handle objects, materials and people in their line of work on a regular basis.