



Course Overview

This manual handling course is designed to educate participants in the principles and practice of safer manual handling of objects. It outlines the reasons for safer manual handling, its legal requirements and informs participants about the process of completing risk assessments to reduce the risk of harm. The participants will get the opportunity to practice the principles of safer manual handling on their own, using equipment and as part of a team so with this understanding they can then operate in a safer working environment when moving objects.

Who is this course for?

This course is designed for people who have to carry out manual handling tasks in their place of work including industrial, transport and office based environments.

Course Content:

[Discuss injury related statistics](#)
[Define Manual Handling](#)
[Legal Responsibilities – Employers/Employees](#)
[Forces on the body](#)
[The spine and its function, Posture](#)
[Manual Handling Risk assessments](#)
[Manual handling and lifting equipment](#)
[Applying safe manual handling principles when working alone, in a team and with equipment](#)

Duration: 4 hours

Certification: On successful completion of the course students will be awarded a Manual Handling – Principles & Practice certificate, valid for 3 years, valid for 3 years.

There is an option to upgrade to a Level 2 Award in Safe Moving & Handling (QCF) certificate for an extra £6.00 per candidate, if required. Candidates taking the level 2 course will have to undertake a multiple choice assessment paper at the end of the course.

Cost: £350 for up to 14 delegates at your venue or join our many courses at hotel venues around the country for just £69 per person

Additional information: All course materials and full colour manual handling handbook for each participant are provided. This course is subject to continuous assessment of participants throughout the day by our professional, fully qualified, manual handling instructor. There is no final assessment required for this course. Delegates attending this course must bring a valid form of photographic I.D.

Ask about our discounts for multiple course bookings from our wide range of first aid and health and safety courses.

Why our customers choose Alderson Training

friendly company with many years' experience in delivering quality first aid training to businesses and organisations, however large or small across the UK.

We offer a range of flexible and cost effective training solutions to suit all types of businesses and organisations.

Our team of fully qualified and experienced instructors can come to you and deliver your group training course on site at a date and time to suit you.



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