



Who is this for?

This qualification is typically delivered over 1 day.

The qualification introduces learners to the principles and practice of safer manual handling.

Attendees are expected to undertake a range of manual handling activities during the course.

Key points

- Regulated qualification
- Written to the Manual Handling Operations Regulations
- 6 Guided learning hours (1 day)
- Recommended to be refreshed every 3 years
- Certificate included
- Assessed by MCQ and practical observation

Course content

This qualification has been developed to provide the knowledge and skills to be able to undertake a range of handling operations in the workplace.

- Manual handling injuries
- Employers and employees responsibilities
- Steps of a manual handling risk assessment
- Practical controls
- Safer movement principles
- Equipment requirements
- Individual handling
- Team handling
- Use of equipment

The content has been written to meet guidance from the manual handling operations regulations.

This qualification forms the second part of the QNUK Level 2 Award in Principles of Manual Handling at Work (RQF) Qualification.

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