



## Who is this for?

This qualification is typically delivered over 1/2 day.

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

Those that are physically capable, may progress to the QNUK Level 2 Manual handling Loads at Work (RQF)

## Key points

- Regulated qualification
- Written to National occupational standards
- 4 Guided learning hours (1/2 day)
- Recommended to be refreshed every 3 years
- Certificate included
- Assessed by MCQ

## Course content

This qualification has been developed to provide an introduction to the basics of manual handling the workplace.

- Manual handling injuries
- Employers and employees responsibilities
- Steps of a manual handling risk assessment
- Practical controls
- Safer movement principles
- Using equipment

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

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

**DFD Training**

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