



MANUAL HANDLING - PRINCIPLES AND PRACTICE - FAA LEVEL 2 AWARD (RQF)/ LEVEL 5 IN SCOTLAND (SCQF)

This course provides an ideal approach to safer and more effective manual handling, not only meeting HSE recommendations, but also promoting good and safe practices in any situations.

We are all exposed at times to some form of manual handling such as lifting, carrying, pulling and pushing actions that can be compounded by simultaneous movements such as climbing. Personal injuries resulting from incorrect manual handling in the workplace accounts for over one million working days lost per year, as well as the pain and suffering experienced by the casualties. Correct manual handling techniques can make huge difference.

The risks arising from manual handling have been recognised by the Health and Safety Executive for many years, as evidenced in their regulations and advisory activities promoting good practice.

The Regulations require employers to provide their employees with health and safety information and training - supplemented, as necessary, with more specific information and training on manual handling injury risks and prevention.

SYLLABUS

A range of subjects are covered that will equip delegates to:

- Understand the reasons for safe manual handling
- Understand how manual handling risk assessments contribute to improving health and safety
- Understand the principles, types of equipment and testing requirements associated with manual handling safety
- Be able to apply safe manual handling principles

CLASSROOM-BASED TRAINING

Maximum number of participants: 16.

Minimum learners age: 14. Please request more information for students below age of 18. ID required.

Duration: 1 day (Guided Learning Hours: 6 hours; Total Qualification Time: 7 hours).

Certification: Practical assessment is on-going by the instructor, culminating with a written test. This qualification does not expire, but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current.

Price per delegate: £75.

DISTANCE LEARNING TRAINING

Maximum number of participants: 20.

Minimum learners age: The minimum age for all online-training at Kate's Training is **18** due to our commitment to safeguarding and online safety. ID required.

Duration: 1 day (Guided Learning Hours: 3 hours; Total Qualification Time: 7 hours).

Requirements: Laptop/PC with camera (students must be seen), no background noises, stable internet connection.

Certification: On-going Assessment throughout the training with the trainer, pre-work required and professional one-to-one discussion with the trainer. No expiry but refresher and keeping up-to date with policies and changes is vital.

Price per delegate: £75.

We offer price-match. Please request for group-prices. If you are unsure what type of training you require for your organisation please book a free consultation. Please book a course or request more information by clicking the red button below.