qualsafe registered centre
Centre No.: 904969

Qualsafe Level 2 Award in Principles of Manual Handling (RQF)

½ day course

Ofqual regulated

Refresher training recommended every 3 years

Course Overview

Did you know that incorrect manual handling is one of the most common causes of injury at work?

The **Qualsafe Level 2 Award in Principles of Manual Handling (RQF)** is a regulated and nationally recognised qualification, designed to cover the basic principles of manual handling.

This theory-based qualification is ideal for all employees as it provides candidates with an awareness of safe manual handling practices and the risks of unsafe manual handling.

This half day course is an ideal way to reduce the risk of workplace manual handling injuries, whilst minimising disruption to your organisation's day-to-day activities!

Please note that this qualification does not include practical sessions. Those requiring practical training should undertake the Qualsafe Level 2 Award in Safe Moving and Handling (RQF).

What's Covered?

- Common manual handling injuries
- Manual handling laws and responsibilities of employers and employees
- Stages involved in a manual handling risk assessment
- Safe movement principles
- Manual handling and the musculoskeletal system
- Theory of safe manual handling principles, including:
  - Preparing for a lift
  - Solo lifting, carrying and lowering an object
  - Team manual handling
- Manual handling equipment:
  - Types of manual handling aids and equipment
  - Maintenance and requirements for testing

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