

# Training Solutions

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



### Who Is This Course Designed For?

The QA 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.

With subjects covered in just half a day, this 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 QA Level 2 Award in Safe Moving and Handling (RQF).

### About the Course

- > Duration: Quarter Day
- > Quasafe regulated
- > Refresher training recommended every 3 years

### What Do I Do Next?

If you would like a course exclusively run for your employees at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01522 690 237** or email Elizabeth Turner at [elizabeth.turner@pibrm.com](mailto:elizabeth.turner@pibrm.com) to discuss further or book a place on one of our open courses.

### What Is Covered?

- > Common manual handling injuries
- > Manual handling laws
- > Responsibilities of employers and employees
- > Risk assessments

Safe movement principles associated with manual handling, including the body's:

- > Musculoskeletal system
- > Centre of gravity
- > Lever 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



01777 861861

info@pibrm.com

pib-riskmanagement.co.uk

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