

Training Solutions

Level 2 Award in Safe Moving and Handling (RQF)



Who Is This Course Designed For?

The law states that employers have a legal responsibility to provide adequate training for those who perform manual handling tasks in their day to day role.

The QA Level 2 Award in Safe Moving and Handling (RQF) is a regulated and nationally recognised qualification designed for those who work, or intend to work, in a role that involves manual handling. It is the perfect course for those working in a variety of environments including warehouses and shops.

Successful candidates will learn the key principles of manual handling and how to apply these to their workplace. They will also practise a wide range of techniques, ensuring that they leave the course confident and proficient in moving and handling.

About the Course

- > Duration: 1 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 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

Manual handling equipment:

- > Types of manual handling aids and equipment
- > Maintenance and requirements for testing

Manual handling practical sessions:

- > Solo lifting, carrying and lowering an object
- > Team manual handling
- > Using equipment



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