



## Level 2 Award in Manual Handling Principles and Practices



### Overview:

The Level 2 Award in Manual Handling Principles and Practices provides essential training on safe manual handling techniques to prevent workplace injuries. This course covers lifting, carrying, and moving objects safely, reducing the risk of musculoskeletal disorders and workplace accidents. It aligns with Health & Safety Regulations to ensure compliance and workplace safety.

### Who need this qualification?

- **Construction & Manufacturing Workers:** Handling heavy materials or equipment.
- **Healthcare & Care Workers:** Assisting in patient handling.
- **Supervisors & Managers:** Overseeing manual handling safety procedures.
- **Employees & Workers:** Involved in manual handling tasks.
- **Warehouse & Logistics Staff:** Lifting, stacking, moving goods.

#### Assessment:

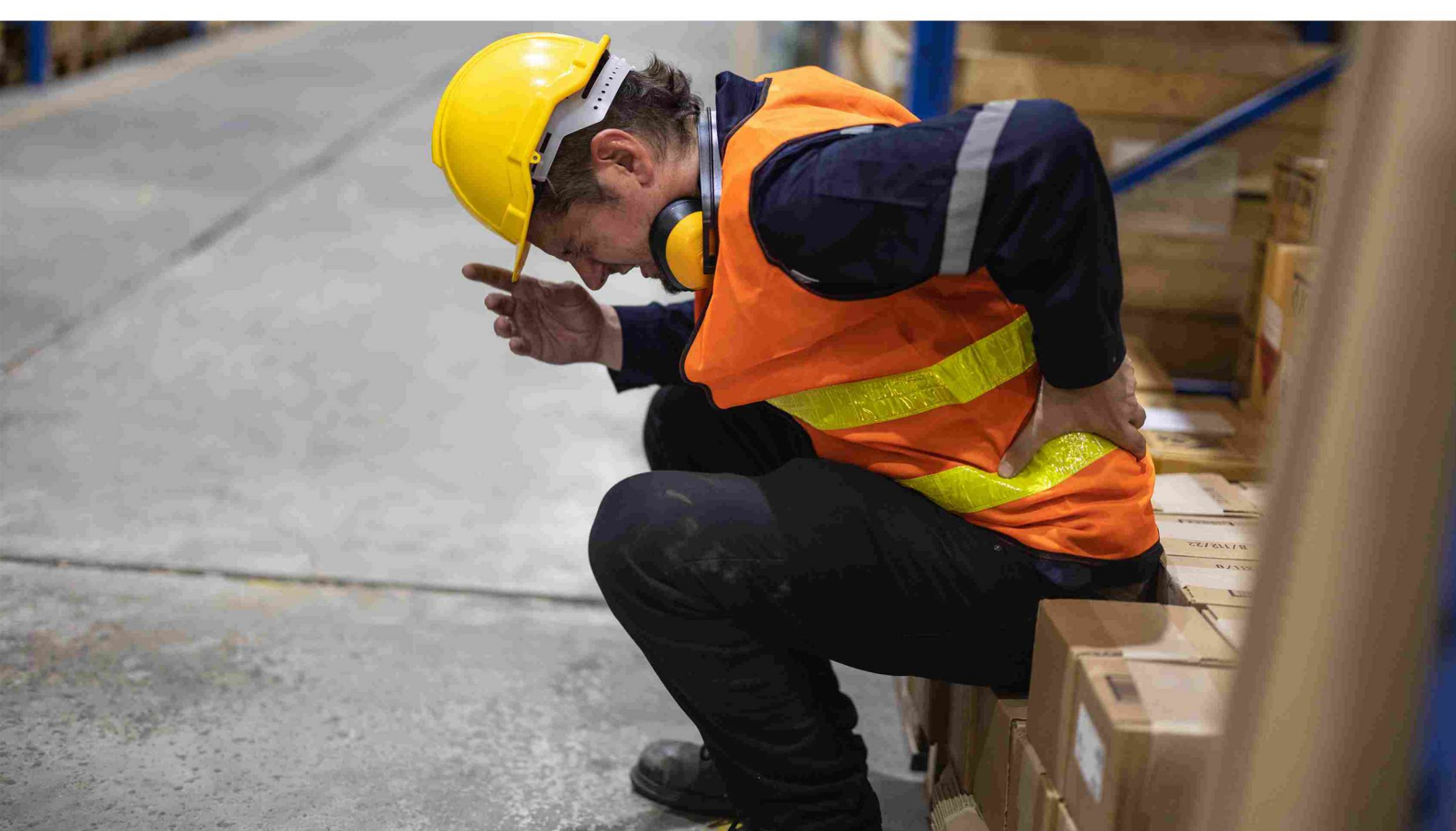
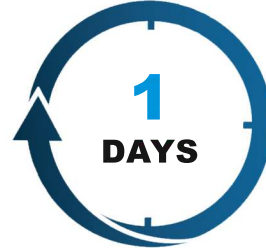
The qualification is evaluated using assessments. To receive this qualification the learner must pass test with 70%.

#### Duration:

The Qualification has a recommended course duration of 1 Day

#### Validity:

This certification is valid for a life time



### Modules:

- **Introduction to Manual Handling :** Risks and importance of proper techniques.
- **Health Risks & Injuries:** Musculoskeletal disorders and prevention.
- **Manual Handling Legislation:** Legal responsibilities under regulations.
- **Safe Lifting Techniques:** Best practices for lifting, pushing, and pulling loads.
- **Ergonomics & Posture:** Reducing strain and preventing injuries.
- **Risk Assessment & Control Measures:** Identifying hazards and implementing safety measures.
- **Use of Lifting Aids & Equipment:** Proper use of hoists, trolleys, and mechanical aids.
- **Anyone Seeking Manual Handling Certification:** For workplace compliance or career growth.

### Why choose us?

**Expert Led Training:** Delivered by fire safety professionals with real world experience.

**Practical Learning Approach:** Includes risk assessments and emergency response planning.

**Flexible Learning Options:** Available in classroom, online, blended formats.

**Essential for Workplace Compliance:** Helps businesses meet fire safety obligations.

**Boosts Career Prospects:** Enhances credentials for fire safety related roles.

