



# Manual Handling Awareness Course

Course Code: MH

## Introduction

The Manual Handling Awareness qualification is designed for people who perform manual handling tasks as part of their daily job role, and meets the legal requirements placed on employers to provide adequate manual handling training to their employees.

The course provides learners with a wide range of manual handling skills and knowledge to be able to use within the workplace, including: principles of safe lifting, principles of manual handling risk assessments, types of lifting equipment, and testing requirements.

This course can be completed at our training centre or we can deliver it onsite.

## Content

- \* Relevant Health and safety information
- \* Spinal anatomy, relevant structure and function
- \* Causes of back pain
- \* Risk assessment
- \* Base positions and movements leading to more complex moves including moving and lifting objects.

## Aim

The course covers how to move objects safely, so that manual handling risks are reduced or where possible avoided.

## Participants

Operatives, Supervisors and Managers who actively manage / participate moving / handling tools, plant or other objects, should all attend a Safe Moving and Manual Handling Course.

The course will benefit those who work in any environment.



Candidates should be at least 16 years old and each candidate must Supply all their own PPE.

## Certification

Successful Candidates will receive an attendance certificate

Speak to a course advisor

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