



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

Overview of the Course

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.

Course Details

COURSE LOADING 12 learners per course

COURSE DURATION 1/2 day

COURSE CONTENT

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

COURSE DELIVERY MODEL

Classroom and practical sessions.

PRE-REQUISITES & REQUIREMENTS

Learners must be at least 14 years old on the first day of the training. There are no other formal entry requirements but to benefit from the learning we advise that Learners have a minimum of Level 1 in literacy or equivalent.

Completion of the Course

Learners will be issued with an E-Certificate on successful completion of the course. We recommend that a refresher course is completed within 3 years.

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“The trainer delivered the course in a professional manner.”