

MANUAL TRAINING in the WORKPLACE

Programme overview

This Manual Handling training is designed for anyone who needs to lift heavy items as part of their role, as well as the supervisors and managers of these workers. This manual handling course covers the Manual Handling Operations Regulations 1992 and outlines manual handling risks, and how to educate staff about them in order to protect their health and safety at work.

This online Manual Handling training course provides learners with the knowledge they need in order to reduce the chance of incurring an injury whilst manually handling loads in their work environment.

Manual handling regulations are in place to safeguard the health and safety of workers, and it's vital that employers undertake manual handling training to educate themselves about their responsibilities.

Employers are required by law to take reasonable steps to safeguard the health and safety of all employees, one of which is increasing awareness about the hazards related to manual handling, and outlining what can be done to minimise risk.

This is a facilitated course, meaning it is a physical course, with a tutor present to help support and guide you in your learning, understanding and assessment, ensuring you get the best out of the training.

Who is this course suitable for

This course is primarily aimed at anyone who may need to lift items as part of their duties, however the information is applicable to any workplace environment.

Our Manual Handling in the Workplace course helps employers to meet their legal health and safety obligations, educating them about how to protect their workforce, and subsequently their wider business.

This manual handling training course is designed for anyone who needs to lift heavy items as part of their role, as well as the supervisors and managers of these workers. This could be Delivery drivers, removal contractors, construction workers, retail assistants, office workers, bar staff, chefs, kitchen assistants, maintenance workers, plumbers, labourers, mechanics, builders, decorators, gardeners and landscapers.

What will I study?

- An introduction to manual handling
- Understand why you need to know how to move and handle objects correctly
- Assessing and reducing manual handling risks
- Looking after your spine
- Know the basic theory of how the spine works, common injuries and how to avoid them
- The SMART approach
- The legal framework
- Know key manual handling regulations
- Understand the responsibilities of employees and employers with regard to manual handling

Assessment method

Test and Manual Handling certification

At the end of our Manual Handling in the Workplace course, there is a test to complete, with 15 multiple choice questions. You need to achieve a pass mark of 85%, but you can take the test six times at no extra charge if necessary.

Learners will be able to download a digital COSHH certificate on completion. This can be printed, and we suggest you keep it for your records.

Entry requirements

There is no specific entry requirement for this course, however a good level of English and having reasonable digital skills would be desired.

What should I bring with me?

Pen/Pencil
Notebook – for taking notes.

Key information

Code	Date	Time	Location	Full Price	Concession Price
9011CB	4 th July 2024	09:30 – 14:00	Barking – Ripple Road	£30.00	FREE

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to the most suitable level course for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

