



# Department for Education



## WORK SKILLS

## MANUAL HANDLING

### COURSE SUMMARY:

On this four hour workshop, you will explore the key principles of manual handling, with a clear focus on applying these principles within your own working context. You will focus on lifting techniques, identifying methods in which injury risk can be reduced at work, and explore the key workplace legislation which impacts you as an employer or employee.

### ENTRY REQUIREMENTS:

- Aged 19 or over



**AWARD:**  
Certificate of  
attendance

### WHAT WILL YOU DO ON THIS COURSE?

On this course, your tutor will support you in increasing your understanding and ability to perform manual handling safely at your place of work. You will cover the following areas;

- ✓ **Identify the** key principles of manual handling
- ✓ **Explore the** correct lifting techniques to use to avoid injury, including back/disc injuries
- ✓ **Identify key** legislation as an employer or employee, including the manual handling operations regulations
- ✓ **Practice the** correct techniques for lifting objects such as boxes, tables, and chairs
- ✓ **Explore the** short and long-term impact of using a poor manual handling technique

### PROGRESSION FROM THIS COURSE:

After completing this course, you may decide to enrol onto Health & Safety in the Workplace: Level 2 to continue your learning with regards to safety in the workplace, whilst also gaining a formal qualification from Highfield.



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**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**