



Ref T&D18

Manual Handling – Level 2

Course Duration:

1 day

Course Aim / General Introduction:

If you own or manage a business where manual handling is a necessity for your staff, you may not be aware that they are in danger of developing musculoskeletal injuries. If it is evidenced that the staff have not been trained properly in manual handling the employer may found be liable. This manual handling training course includes a balance of theory and practical, and encompass lifting and handling within a framework of safe or safer movement patterns and focuses upon a technique known as base movement. The techniques used are founded in kinetics.

Learning Outcomes:

- Know their legal responsibilities whilst conducting manual handling activities in the workplace
- Understand the importance of maintaining the correct posture during manual handling tasks
- Know the main parts and functions of the spine
- Understand in outline the anatomy / physiology of the spine
- Understand how the body can be injured during incorrect manual handling operations

- Demonstrate safe kinetic movement of loads to the course tutor

Who should attend this course?

All staff within the organisation

Teaching and Learning / Assessment:

- Group / Individual exercises
- Role play
- Group discussion
- Case study

Capacity:

12 people

Price:

- In-house session @ £420, plus VAT
- In-house session @ £75, plus VAT per additional delegate
- Grouped training @ £195 per person, plus VAT
- One to one session @ £200 per person, plus VAT

Qualification:

On successful completion of this course students will be awarded the OCN Level 2 award in Manual Handling.

The award is issued through Life Environmental and The National Open College Network who are approved as an awarding body with the Qualifications and Curriculum Authority (QCA).



For further information, including course booking:

Telephone: 0113 2700775 / 07894 488628