



# Manual Handling

**QCF Level 2 Award**  
**Qualification Title:**

(England, Northern Ireland & Wales)  
**FAA Level 2 Award in Manual Handling – Principles and Practice (QCF)**  
– Code 600/7624/0

**Unit Title:**

**Manual handling safety at work – Unit Code D/602/4593**

**SCQF Level 5 Award**  
**Qualification Title:**

(Scotland)  
**Award in Manual Handling – Principles and Practice at SCQF Level 5 – Code R306 04**

**Unit Title:**

**Manual handling safety at work – Unit Code UC27 04**

## Description

We are all exposed at times to some form of manual handling such as lifting, carrying, pulling and pushing actions that can be compounded by simultaneous movements such as climbing or picoting. Personal injuries resulting from incorrect manual handling in the workplace, accounts for over one million working days lost per year as well as the pain and suffering experienced by the casualties. Correct manual handling techniques can make a huge difference.

The risks arising from manual handling have been recognised by the Health and Safety Executive for many years, as evidenced in their regulations and advisory activities promoting good practice.

The regulations require employers to provide their employees with health and safety information and training – supplemented, as necessary, with more specific information and training on manual handling injury risks and prevention.

This course provides an ideal approach to safer and more effective manual handling – not only meeting HSE recommendations, but also promoting good and safe practices in any situation.

## Duration

This is a 6 hour classroom based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

## Syllabus

A range of subjects is covered that will equip delegates to:

- Understand the reasons for safe manual handling
- Understand how manual handling risk assessments contribute to improving health and safety
- Understand the principles, types of equipment and testing requirements associated with manual handling safely
- Be able to apply safe manual handling principles

## Certification

Practical assessment is on-going by the instructor, culminating with a written test.  
This is a lifetime qualification, although refresher training is always recommended.

## Numbers

A Maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

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