

**Duration:** 30 mins

**Course level:** Introductory

**Delivery method:** Online

## Introduction

**More than a third of the injuries reported to the Health and Safety Executive and local authorities each year, which lead to absences of over 3 days, result from manual handling.**

Understanding the effect that lifting or supporting different objects can have on the body can help eliminate many of the risks associated with manual handling.

This course helps employees assess the risks involved in moving, lifting or carrying heavy or awkward objects, and explains the correct techniques to use. With confident, well-trained staff, a business will reduce the risk of workplace injuries which can lead to long-term absence and costly legal action.

## Who is the course for?

This course is appropriate for any member of staff, but particularly those who are required to lift, carry or move objects in the work place.

The easy to follow, step-by-step format of this course means people can work at their own pace. No prior knowledge or experience is needed and there are no formal entry requirements.

## What will you get from this course?

When you have completed this course, you will be able to:

- describe and evaluate several elements of the handling process
- understand different techniques for lifting and carrying
- identify potential hazards
- select safer handling loads
- prevent short and long-term injuries
- evaluate mechanical aids.

## Course features

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**Manual Handling** uses on-screen text, audio and animation throughout the course. It provides interactive exercises and regular tips to help you recognise hazardous situations.

At the end of the course, a multiple choice test is provided to check your knowledge and understanding. You can take this test as many times as you want.

You can start this course straight away and access it at any time, providing you have access to a computer with an internet connection. The course is available for six months from the date first accessed.

## Course modules

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- What is Manual Handling?
- Common Injuries
- Assessing Risks
- Lifting, Carrying, Pushing and Pulling Loads
- Dos and Don'ts

Other courses you might be interested in

Electrical Safety  
Computer Safety  
Fire Safety

Introduction to Health and Safety  
at Work

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