

DISTANCE LEARNING

Manual Handling - principles and practice

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

This qualification is designed for those who carry out manual handling at work and provides essential information about controls and hazards. The course syllabus includes manual handling risk assessments, guidelines for lifting and carrying loads and manual handling injuries.

Successful candidates will be awarded a national level 2/5 Manual Handling - Principles and Practice qualification, providing an ideal platform to higher level training or career development.

- **Study the course via distance learning**
- **A combination of self-study and webinars**
- **Guided by a qualified Trainer/Assessor**
- **Distance learning resources included**
- **Assessed via a professional discussion and practical demonstrations**
- **Ofqual or SQA Accreditation regulated qualification (SUBJECT TO ASSESSMENT)**



COURSE DURATION

The qualification has 3 assigned guided learning hours (GLH) and 7 hours total qualification time (TQT). GLH indicates the number of contact hours that the learner will have with the Trainer/Assessor.

TQT includes GLH but considers unsupervised learning and is an estimate of how long the average learner will take to achieve the qualification.

It is beneficial for the learner to undertake additional independent learning for example, by doing research on the internet.

THE QUALIFICATION CONSISTS OF ONE MANDATORY UNIT.

FAA LEVEL 2 AWARD IN MANUAL HANDLING – PRINCIPLES AND PRACTICE (RQF)						
QAN	Unit title	URN	Credit value	Level	GLH	TQT
600/7624/0	Manual Handling Safety at Work	D/602/4593	1	2	3	7
AWARD IN MANUAL HANDLING PRINCIPLES AND PRACTICE AT SCQF LEVEL 5						
QAN	Unit title	URN	Credit value	Level	GLH	TQT
R306 04	Manual Handling Health and Safety	UC27 04	1	5	3	7

QAN – Qualification accreditation number URN – Unit reference number GLH – Guided learning hours TQT – Total Qualification Time

COURSE SYLLABUS

A range of Manual Handling related subjects are covered including:

- What is manual handling?
- Manual handling injuries
- Legislation
- Avoiding manual handling
- Accident reporting
- Risk assessments
- Risks associated with lifting and handling
- Loads
- Working environment
- Other environmental factors
- Individual capability
- Good practice
- Anatomy and physiology

ENTRY REQUIREMENTS

This qualification is available to learners aged 18 years or over. Learners must have the literacy skills to be able to read and self-learn the reference manual and additional resources.

There are physical demands within the manual handling assessment and learners will need to demonstrate the safe moving and handling of loads.

In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor.

ASSESSMENT

The qualification is assessed by a professional discussion with the Trainer/Assessor and evidenced by a recorded video call.

The learner has a maximum of 60 minutes to complete the assessment. There is no grading of the assessment; learners pass or are referred.

CERTIFICATION

An Award in Manual Handling – Principles and Practice will be issued to the learner, subject to successful assessment.

The qualification does not have an expiry date, but refresher training and keeping up to date with changes to policies, procedures and new legislation through ongoing CPD is vital..



HOW TO PROCEED

Training provider and course details: