

Equip your workforce with knowledge of risks associated with Manual Handling!

Aim High Career Goals...



Highfield
awarding body for compliance

Level 2 Award in safe Moving and Handling

WHO TAKES HIGHFIELD AWARD IN SAFE MOVING & HANDLING?

The Manual Handling Operations Regulations for lifting and carrying loads now require employees to have appropriate training in order to make assessments to judge whether safe moving is possible. The regulations apply to almost all work environments from offices to care homes and factories. The qualification includes:

- The reasons for safe moving and handling
- The importance of risk assessment
- The principles of safe manual handling
- The safe application of manual handling skills

If you are passionate about the field and want to develop skills needed to prove your competency in the role, this program will help you get there.

Course Outline



HABC Level 2 Safe Moving and Handling

Overview

Safe Manual Handling covers the principles on the provision of a safe workplace as one of the cornerstones that will ensure the health and safety conditions of the workers. This will emphasize the importance of equipping the personnel responsible for managing the health and safety concerns of the workplace. The assessment and elimination of poor manual handling practices as well as the provision of the correct tools for the job in hand are taken up in this course.

Learning Outcomes:

Upon completion of this course, the participants should be able to:

- Understand the reason 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 safety.
- Be able to apply safe manual handling principles.

Course Details:

Certificate: HABC – UK

Duration: 2 Day (12hrs)

Assessment: Written and Practical exam

Target Audience:

Managers, supervisors and staff members identified by their Managers as having sufficient experience and knowledge of the client base to be able to act effectively as moving and handling trainers in the workplace.



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Course Outline:

Day	Content
1	<ul style="list-style-type: none"> • An introduction to manual handling • Manual handling and legal aspects • Anatomy & Physiology of the back • Causes of back pain • Manual handling hazards • High risk manual handling activities • Reducing the manual handling risks • Ergonomics • Inanimate load handling
2	<ul style="list-style-type: none"> • Mechanical aids • Fitness • Returning back to work • Moving & Handling Assessments • Manual Handling Legislation • Principles of safer Moving & Handling • Good Handling technique • Poor Handling technique • Unsafe systems of work • Evaluation • Practical skills

Approvals:

Course approved by:

