

Qualsafe Level 2 Award in Principles of Manual Handling (RQF)

Introduction

The QA Level 2 Award in Principles of Manual Handling (RQF) is a regulated and nationally recognised qualification, designed to cover the basic principles of manual handling.

This theory-based qualification is ideal for all employees as it provides candidates with an awareness of safe manual handling practices and the risks of unsafe manual handling.

Course Duration

IHTC Ltd offer this course over 1 day.

Who Should Attend

This theory-based qualification is ideal for all employees as it provides candidates with an awareness of safe manual handling practices and the risks of unsafe manual handling.

Course Programme

- Common manual handling injuries
- Manual handling laws
- Responsibilities of employers and employees
- Risk assessments
- Safe movement principles associated with manual handling, including the body's:
 - Musculoskeletal system
 - Centre of gravity
 - Lever system
- Theory of safe manual handling principles, including:
 - Preparing for a lift
 - Solo lifting, carrying and lowering an object
 - Team manual handling
- Manual handling equipment:
 - Types of manual handling aids and equipment
 - Maintenance and requirements for testing

Certification and Assessment

Delegates will be assessed on their input, feedback and a MCQ Assessment paper. Qualsafe Awards certification lasts 3 years.

Suggested Follow on and Complementary Courses

Qualsafe Level 2 Award in Safe Moving and Handling (RQF), Qualsafe Level 2 Award in Health and Safety in the Workplace (RQF), Qualsafe Level 2 Award in Principles of Risk Assessment (RQF), Qualsafe Level 2 Award in Working at Height (RQF), Qualsafe Level 3 Award in Health and Safety in the Workplace (RQF)