



MANUAL HANDLING TRAINING

Course Number
VEL0203

Time Required
75 minutes

Assessment
Formal (multiple choice)

Approvals
IIRSM & CPD

Manual handling, or to be accurate, incorrect manual handling, is one of the most common causes of injury at work. To try and combat manual handling problems, the Manual Handling Operations Regulations were introduced.

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

The Regulations lay out duties for both employees and employers. They give a general requirement that employees must be trained to manually handle correctly including the use of any equipment their employer provides to handle loads safely.

This course outlines exactly what constitutes manual handling and covers the regulations and legislation that apply to manual handling tasks. It then goes on to cover safe handling techniques and how to develop good habits in relation to manual handling. It finishes off by introducing some practical solutions and the use of mechanical aids.

Please note that this is an awareness course only, if your duties include manual handling you will also need further practical training, you can get in touch with us to arrange this.

Training your employees with our online system will go a long way to giving them greater awareness of the dangers that poor manual handling poses, as well as covering safe handling techniques, practical solutions to manual handling issues and the use of mechanical aids.

Suitable for:
Care, Education
and Commercial



Modules:

- What is Manual Handling?
- Manual Handling Regulations
- Safe Handling
- Learning Safe Handling Habits
- Practical Manual Handling Solutions
- Use of Mechanical Aids