

Manual Handling

IIRSM & CPD Approved - 3 CPD points

Incorrect manual handling is one of the most common causes of injury at work.

To try and minimise handling-related injuries, the Manual Handling Operations Regulations were introduced. The Regulations lay out duties for both employees and employers.

The regulations provide guidance and set out requirements for employees trained in manual handling to correctly carry or move loads, and the use of any equipment to handle loads safely. This course outlines exactly what constitutes manual handling, covers the regulations and legislation, and demonstrates safe handling techniques, practical solutions and the use of mechanical aids.

Please note this is an awareness course and if your duties include daily or frequent manual handling further practical training is advised.

Learning Objectives

By the end of this course, you will be able to:

- Define Manual Handling and state the correct technique and application of effective Manual Handling
- Understand the relevant legislation and comply with the regulations
- Recognise safe handling techniques and be able to develop good habits
- Evaluate every manual situation you encounter, recognising risks and when to use mechanical aids
- Understand the consequences on the body of incorrect handling and the dangers associated
- State the professionals most at risk from incorrect handling techniques.

Module Number	Module Name	Pass % required
1	What is Manual Handling?	75
2	Manual Handling Regulations	75
3	Safe Handling	75
4	Learning Safe Handling Habits	75
5	Practical Manual Handling Solutions	75
6	Use of Mechanical Aids	75
7	Final Test	70

Duration: 75 minutes (Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.)