

Manual Handling

This online Manual Handling training teaches you all you need to know about safe Moving and Handling, including lifting techniques, LITE, and why Manual Handling training is so important to your everyday health.

Key Features & Benefits of this Course

- Suitable for all employees, including staff and managers
- Helps you to meet the requirements of the Manual Handling Operations Regulations (1992)
- Can be fully completed in just 35 minutes!
- Features a free online trial period, with bulk discounts available

Contents

1. You and your back during manual handling

This section of the Manual Handling programme teaches a basic understanding of how our backs and, in particular, our spines work. It also covers the different ways in which a poor lifting technique can cause or exacerbate illnesses and injuries. We talk to people who have previously hurt their backs as a result of ineffective lifting, and ask an expert "Why is good technique so important?"

2. Preparation

Whether you are undertaking this course at work, or at home, assessing the task before you begin is vital. This section of our Manual Handling Training programme shows you exactly what preparation you need to do. This includes things that you need to consider before lifting, and preparing the pathway you are moving along as best as you are able.

3. Step-by-step guidance for safe manual handling

This section of the Manual Handling course provides you with step-by-step guidance when it comes to safe lifting and movement. This course covers a complete range of handling techniques, from floor-level lifts, to waist and head height lifts. Additionally, this course also teaches you how to push and pull, or where you need to be positioned during a team lift.

4. Conclusion

Here, we bring all the different components together and look at how good manual handling relates to you, not only at work, but in your home or elsewhere. After all, it doesn't matter where you are; if you need to lift something, remember to lift it safely.

Test & Certificate

This Online Manual Handling training programme ends with a 20 question multiple choice test with a printable certificate. Along with this final questionnaire, smaller versions are provided to be completed throughout the course. This is to ensure that all participants remain engaged with the learning material throughout.

As well as printable user certificates, training progress and results are all stored centrally in your LMS ([Learning Management System](#)) and can be accessed any time. From there, you can re-print certificates; check and set pass marks and use the system as proof of a commitment to ongoing legal compliance.