



# Manual Handling Awareness

This Manual Handling Awareness course has been designed to fully comply with The Manual Handling Operations Regulations 1992.

The course provides information, guidance and explanations on aspects of manual handling in the workplace and will ensure candidates will be able to recognise manual handling risk factors and how injuries can occur, understand the principles of safer handling, understand principles of good back care to promote general musculoskeletal health, know the factors to be included in undertaking an 'on the spot' risk assessment, know how to write a risk assessment and understand their own responsibilities for moving and handling.

## Course covers:

- Learning Objective & Introduction
- Legislation & Responsibilities
- Manual Handling Injuries
- Safer Handling Techniques
- Safe Movement of People
- Mechanical Assistance
- Creating a Risk Assessment
- End of Course Exam



**Duration:**  
1-2 hours



**Valid for:**  
2 years from date course completed



**Endorsed:**  
✓  
TQUK