



Released September 2021

Who is this for?

Anyone, at any level, particularly those who are required to undertake frequent manual handling within their role and wish to improve their basic safety awareness.

Overview

This awareness course is ideal for employers, managers, supervisors and employees concerned about workplace risks related to manual handling.

During online studies and testing, students will develop reliable knowledge of commonplace risks and hazards associated with lifting, carrying, posture and use of equipment within the workplace. In the process they will also learn how to assess the latter and introduce effective control measures designed to reduce accidents and injuries, all of which can contribute to a safer more productive workplace.

No prior experience or training in Health and Safety management is required to undertake this course.

Did you know?

This course is a great way to become familiarised with SHEilds e-Learning before undertaking IOSH and NEBOSH studies.

At a Glance

NQF Level

N/A

All employees



Study Time



Course Access



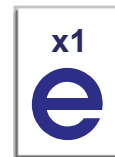
Average Completion



Examinations

Available online, anytime

Online Exam



No Practical



Further Development



Equivalent Qualification

Awareness Course



Further Development

IOSH Working Safely/
IOSH Managing Safely

Membership

N/A

Learning Outcomes

- ✓ Understand the legal definition of manual handling
- ✓ Identify common accidents associated with manual handling
- ✓ Illustrate Injuries caused by poor manual handling techniques
- ✓ Ability to evaluate a manual handling task
- ✓ Demonstrate correct lifting techniques