

Manual Handling courses

Overview

There are many potential hazardous manual handling tasks within every organisation, which is why manual handling is a central role in occupational safety. The manual handling regulation was developed to help organisations reduce the incidence of musculoskeletal disorders – which is the most commonly reported type of work-related ill health. Anyone involved in moving and handling of goods could be at risk and can be found in all work sectors. The Health and Safety Executive (HSE) estimates that 11.6 million working days are lost a year due to incorrect handling.

This chart maps the different levels of our manual handling courses and briefly explains what each course covers.

