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.

- **BTEC Level 3 Manual Handling Trainers**
  Provides all you need to know about delivering manual handling awareness training within your organisation.

- **BTEC Level 3 Manual Handling Trainers Requalification**
  Requalification is necessary every 3 years to prevent poor practice and keep skills up-to-date.

- **Manual Handling Risk Assessors**
  Provides you with all you need to know about manual handling risk assessments.

- **Principles of Manual Handling Training**
  This course provides basic understanding on manual handing principles and practices allows delegates to coach in the workplace.

- **Principles of Manual Handling Recertification**
  Recertification is necessary every 3 years to prevent poor practice and keep skills up-to-date.

- **Courses suitable for managers, supervisors, instructors and training officers, safety professionals, and those with responsibility for training others in manual handling techniques, with previous training experience.**

- **Course suitable for employees that have an interest within manual handling and want to know more information.**