7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

# LEVEL 2

# Principles of Manual Handling

## Understand the risks. Handle safely. Protect people.

This Level 2 qualification develops learners' understanding of safe manual handling and how to reduce the risk of injury in the workplace.
Learners explore the risks associated with incorrect manual handling, legal responsibilities and how risk assessments can improve workplace safety.
The course also covers safer movement principles and equipment used for manual handling tasks.

**DURATION**
**3 guided learning hours**
**4 hours total qualification time**

**DELIVERY**
Leominster or suitable locations across the UK

**SUITABLE FOR**
Employees involved in manual handling
Ideal for awareness & refresher training

**Certification**
**Qualsafe Level 2 Award Principles of Manual Handling (RQF)**

## About This Course

This Level 2 qualification develops learners' understanding of the principles of safe manual handling and how to reduce the risk of injury in the workplace.

Learners explore the risks of incorrect manual handling, legal responsibilities, risk assessment and safer movement principles to help reduce the risk of injury.

## Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

**This is a theory-based qualification and does not include practical manual handling training.**

## Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

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## WHAT YOU'LL LEARN

By the end of this course, learners will understand the principles of safer manual handling and how to reduce the risk of injury in the workplace.

✓ Why safe manual handling is important
✓ Common manual handling injuries
✓ Employer and employee responsibilities
✓ Identifying manual handling hazards
✓ Manual handling risk assessments
✓ Using TILE to assess manual handling tasks
✓ Principles of safer movement
✓ Choosing appropriate handling techniques
✓ Equipment used to support manual handling

## WHO IS THIS COURSE FOR?

The Level 2 Award is suitable for:

✓ Employees who carry out manual handling activities at work
✓ Businesses looking to improve manual handling awareness
✓ Individuals who need to understand manual handling risks
✓ Those requiring introduction or refresher training
✓ Learners aged 14 years and over

For practical moving and handling training, please ask Paula about the appropriate course.

## ASSESSMENT & CERTIFICATION

**Assessment**
15 multiple-choice questions
Minimum 11 to pass
Maximum 25 minutes

**Refresher Training**
Refresher training is recommended every 3 years.

**Course Duration**
3 guided learning hours
4 hours total qualification time

## PREPARING FOR YOUR COURSE

This is a classroom-based theory course. Please come prepared to take part in discussions and learning activities.

**No special clothing required**

**Personal medication**

**Phone/tablet**
If needed during breaks

**Lunch**
Please bring if required

**IMPORTANT:**
This is a theory-based qualification and does not include practical manual handling training. Please ask Paula if practical training is required.

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