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Manual Handling Safety at Work

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handling-safety-at-work](http://www.theskillsnetwork.com/home-learning/courses/manual-handling-safety-at-work)

## Online CPD Distance Learning Course

*Only £25*



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Approximately 27 million working days were lost due to work-related illness or workplace injury during 2012. Some of these are injuries and illnesses that can be easily avoided.

This short, auto-marked programme will give you the knowledge you need to understand those risks and how to control and act upon any likely hazards.

A great addition to your CV to show your commitment to health and safety at work, this is also beneficial for general knowledge.

Completed online with auto-marked assessments, this programme can be completed in your own time.

- Place of study: **Learn from home**
- Type of course: **Online distance learning course with no exams**
- Course duration: **An average of 2-3 hours.**

Full customer service support will be provided throughout the course.

There are four parts to the course:

### **The reasons for safe manual handling**

This section will cover any ill health associated with incorrect manual handling, the employers' and employees' duties and the possible consequences for non-compliance with health and safety requirements.

### **How manual handling risk assessments contribute to health and safety**

Learners will understand the hazards and risks in manual handling work, the process of manual handling risk assessments and the principles of the risk control hierarchy for manual handling.

### **Principles, equipment and testing requirements for manual handling safety**

In this section, the learner will understand the principles of safe movement for manual handling, identify the types of equipment for manual handling tasks and learn the requirements for testing, servicing and examining of manual handling and lifting equipment.

### **Applying safe manual handling principles**

This section will demonstrate efficient and safe manual handling principles, which covers moving a load manually on your own, good handling techniques and using manual handling aids and equipment.

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