

# Manual Handling Awareness

## About the Course

This Manual Handling Training Course provides a comprehensive overview of manual handling procedures. The course material will educate both individuals and organisations on the importance of manual handling practices and risks associated with manual handling activities. You will learn how to undertake a thorough risk assessment and ensure that suitable control measures are in place.

After studying this course, learners will obtain the necessary knowledge to reduce and where possible eliminate risk of injury in the workplace as a result of routine manual handling activities.

Employers are required by law to take reasonable steps to safeguard the health and safety of all employees. Importantly, all employers must deliver training to increase awareness of the hazards associated with manual handling and equip employees with the knowledge to reduce associated risks.

## Do You Comply with The Manual Handling Operations Regulations 1992?

The Manual Handling Operations Regulations 1992 require employers to ensure that all employees are trained and competent in manual handling. It is the employer's duty to avoid manual handling as far as is reasonably practicable and, if this cannot be done, the employer must take steps to reduce the risk of injury.

Section 2 of the Health and Safety at Work Act 1974 and the Management of Health and Safety at Work Regulations 1999 require employers to provide their employees with adequate health and safety information and training.

This Manual Handling Training Course ensures employers comply with these Regulations by providing appropriate knowledge of the risks and safety measures associated with manual handling tasks.

## Who should take this course?

This Manual Handling Awareness Course is suitable for all employees, from junior staff to supervisors. Anyone who is required to carry out manual handling tasks such as the transportation of items or heavy lifting will benefit.

## Course Content

Our Manual Handling Course is broken down into three easy to follow modules: –

**Introduction to Manual Handling** – Within this introductory module, you will get a clear understanding of what is meant by Manual Handling and the related terminology. You will also be introduced to the injuries associated with common Manual Handling tasks undertaken in the hospitality industry. The remainder of the module focuses on Manual Handling Regulations and Legislation.

**Risk Assessments** – Risk Assessments aim to identify risks in the workplace. A risk assessment will aim to identify, address and where possible reduce the risks associated with manual handling in the workplace. Within this module you will understand the importance of risk assessments and learn the step by step process involved in conducting a workplace assessment.

**Manual Handling Aids and Techniques** – This module explore the correct techniques for lifting, moving and handling large or heavy items in the workplace. You will also learn best practice for undertaking tasks which involve these activities while reducing the risk to yourself and others.

## Accreditations

The content of this course has been independently endorsed as conforming to universally accepted Institute of Hospitality guidelines.

## Format

As with all of our courses, you log in to your personal training page and then you can access the course directly on your computer. Each course is presented in succinct and easy to follow sections covering the above topics. At the end of each there will be a short test followed by a longer assessment at the end of the course. Complete 21 of the 30 questions correctly and you can download and print your Institute of Hospitality certificate as a PDF.

## Duration and Time Limit

The duration of this course should be approximately 2 hours depending on how quickly you progress through the material.

## Certificate

Upon completion of the end of course assessment you can download a PDF certificate endorsed by the Institute of Hospitality.

## We only work with the very best

Our training courses are written and managed by hospitality professionals with many years experience in their field. You will be learning from the best and you will come away from your training inspired by mentors who understand your aspirations and requirements.

