

Safe Moving & Handling

Level 2 (VTQ)

Duration: 1 day

This course is ideal for all workplace requirements, as it includes coverage of correct manual handling techniques, legislation and lifting aids which is designed to reduce the risk of accidents occurring.

Topics

Introductory Manual Handling Training

- Manual Handling Regulations
- LOLER Regulations
- PUWER Regulations
- Guidelines for Manual Handling
- How and Why we Lift Correctly
- Manager's Duties

Lifting Safety

- Assessing Risks
- Assessing the Individual
- Move Your Spine
- Anatomy of an Injury
- When an Accident Occurs
- Slips, Trips, and Falls
- Workstation and VDU safety

Moving and Lifting Objects

- Intro to Box Lifting
- Single Person Lift
- Two Person Lifting
- Working Together
- Moving Unusual Objects
- Odd-Shaped Objects
- Pushing and Pulling

Lifting Aids

- Using Lifting Aids
- Motorised Lifting Aids
- Conveyor Belts
- Pallet Truck
- Sack Truck
- Trolley