

Understanding Manual Handling E-Learning Course

Duration - Average completion time is 1 hour

Target Audience

This course is for everyone who undertakes manual handling tasks within the workplace.

Course Description

More than one third of all injuries reported each year to the HSE involve Manual Handling. This Online Manual Handling Course covers pulling, pushing, lifting, lowering and carrying any object without the use of external aids. The most serious injuries are often caused in the simplest way, but many can be prevented by following the correct manual handling techniques.

Learning Outcomes

On completion of this course the learner will understand:

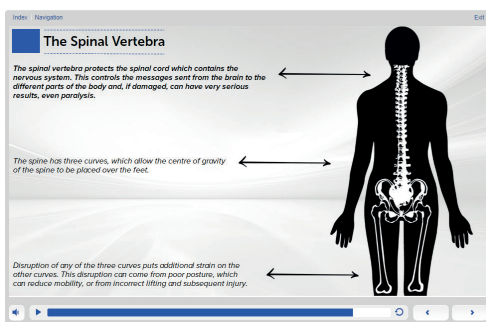
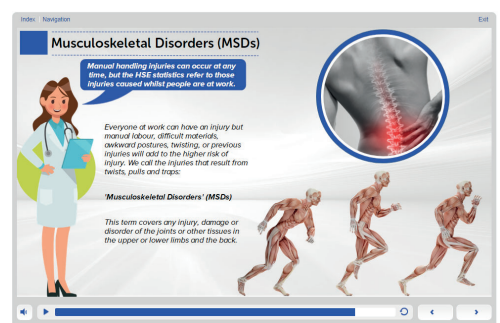
- What is manual handling?
- HSE requirements
- RIDDOR statistics
- Musculoskeletal system and the spine
- Musculoskeletal Disorders (MSDs)
- Muscles and spinal injuries
- Good posture
- Legislation
- Employers' and employees' duties
- Reducing risk
- Case studies
- Implementing change

Assessment

Online assessment; 30 multiple choice questions. Pass mark 75%

Certification/Accreditation – CPD

On successful completion of the assessment, the candidate will be able to print/save their certificate. A QR code on the certificate can be scanned by a smartphone to establish the certificate's validity.



For further information relating to this or any of our online courses, contact:

Christeyns Food Hygiene UK
 Tel: 01925 234696
 Email: uk-foodinfo@christeyns.com
 Website: www.christeynsfoodhygiene.co.uk