

### Introduction

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.

### Who it is for

This course is for anyone who is undertaking a manual handling task in the workplace.

### Course aim

The aim of this course is to help prevent the injuries that are caused in the workplace.

### Course content

This online course covers the following topics:

- What is manual handling?
- HSE requirements
- RIDDOR statistics
- Musculoskeletal Disorders (MSDs)
- Musculoskeletal system and the spine
- Muscles and spinal injuries
- Good posture
- Legislation
- Employers' and employees' duties
- Reducing risk
- Case studies
- Implementing change
- Assessing the workstation
- Workstation ergonomics
- Risk assessments
- Hazards and risks
- Recording findings
- The MAC (Manual Handling Assessment Chart)
- Factors that increase risk
- TILE (Task Individual capacity Load Environment)
- Guidelines for safe lifting
- Lifting aid examples

### Course duration

The average time required to complete the learning is approximately **1 hour**, however the course is designed to go at the pace of the learner and can be completed in more time if needed.

### Assessment

The online assessment for the course consists of **30 multiple choice** questions. In order to be successful, candidates must achieve a **75% pass mark** to obtain the certificate.

### Certification

On successful completion of the assessment, the candidate will be able to print/save their certificate. In addition to this, an e.mail is sent to the candidate containing a link to the certificate. This is the simplest, most convenient way to achieve compliance. Also, a QR code has been added to the certificate, which 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

2 Cameron Court  
 Winwick Quay  
 Warrington  
 Cheshire  
 WA2 8RE  
 Tel: 01925 234696  
 Email: uk-foodinfo@christeyns.com  
 Website: www.christeynsfoodhygiene.co.uk

