

# Level 2 Award in Principles Manual Handling For The Construction Environment

## Course Introduction

The Manual handling course will explain the inherent dangers of moving and handling, but more importantly it will show you how to perform the task with a minimum of risk as possible to keep you safe. There are no prerequisites to enrol on this course, but a health questionnaire will be given upon arrival to the training centre. This construction centred course includes a practical element catered to your specific working environment.

## Course Topics

### Module 1 - Reasons for Safe Manual Handling

- Definition of Manual Handling
- Causes of Musculoskeletal Injury
- Preventing Musculoskeletal Injury
- Function of the Spine
- Manual Handling Key Legislation
- Policies & Procedure
- Ergonomics & Risk Assessment in Construction
- Team Handling & Communication

### Module 2 - Manual Handling Processes & Assessing Risk

- Safer Handling of Loads
- Formal and Dynamic Risk Assessments in Construction
- Consideration of Other Factors
- Handling Awkward Loads
- Safe Storage of Inanimate Loads
- Correct Working Posture
- Safer Checks on Handling Equipment

## Course Benefits

No matter what type of work site you work at, you will at some time or another perform a task that requires the manual handling of an object. From a simple task like moving cement bags to moving heavy materials around the work site.

## **Assessment Method**

Multiple choice Knowledge Test (15 Questions)

## **Qualification Expiry**

3 Years