

# HABC Level 2 Award in Principles of Manual Handling e-Learning

## Course Introduction

This Manual Handling course will explain the inherent dangers of moving and handling, but more importantly, it will show you how to perform the tasks with a minimum of risk as possible to keep you safe. There are no prerequisites to enrol on this course, but you will need to have access to a supported device such as a laptop, computer or tablet as well as adequate internet access.

There is no set expiry to this qualification, however it is recommended to be reviewed by company disgression for refresher training.

## Course Pre-Requisites

None required.

## 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

- Team Handling & Communication

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## **MODULE B** Manual Handling Processes & Assessing Risk

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

## **Course Benefits**

No matter where you work, you will at some time or another perform a task that requires the manual handling of an object. From a simple task like moving a chair from one office to another, to something more intense like taking a desk up or down a flight of stairs.

## **Assessment Method**

Short Multiple-Choice Examination

## **Qualification Expiry**

Lifelong