

HABC Level 2 Award in Principles Manual Handling

Course Introduction

This Highfield accredited Manual Handling course will explore 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 a health questionnaire will be given upon arrival to the training centre.

Course Topics

- Reasons for safe manual handling
- Consequences of poor manual handling
- Key legislation & responsibilities
- Causes of Work Related Upper Limb & MusculoSkeletal Disorders
- Understanding the anatomy of the spine
- Principles of safer handling and ergonomics
- Manual handling risk assessments

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.

The awarding body Highfield issue all certificates via PDF format. This will be emailed to the course booking contact on successful completion of the course, once recieved from Highfield.

Assessment Method

Multiple Choice Examination (30 Questions)

Qualification Expiry

3 Years