



## Prospectus

### Manual Handling Awareness E-Learning Subject Matter Expert Certified Course



**Course Level:** Awareness level.

**Pre Entry Requirements:** N/A

**Course Language:** English

#### Course Suitability

All persons required to carry out manual handling tasks ranging from office / corporate environments to construction / heavy industry.

\*\* Please note it is recommended that a practical assessment is also completed for all online Manual Handling courses. We provide the online course only. \*\*

#### Course Objectives:

To ensure learners;

- Understand the dangers associated with Manual Handling:
- Describe the Principles of Safe Manual Handling:
- Apply these Principles of Safe Manual Handling to Manual Handling Tasks at work, at home & at leisure because manual handling can occur anywhere.
- Understand the main aspects of Manual Handling Legislation:
- Recognise that everybody is entitled to a life free from injury!

## **Course Content:**

- Learner Aims, and Learner Objectives.
- Introduction
- The Law
- Anatomy of the Spine
- Safe Manual Handling Principles
- Maintaining a Healthy Back
- Course Summary
- Course Assessment\*

The online course assessment is after the user completes the course. The questions are true or false and the user must pass 6 out of 10 questions correctly to pass. There are two attempts available if required.

Our Course Video Features include.

- The 8 Steps
- Lifting above shoulder height.
- Carrying bags
- Team Lifts
- Posture
- Pushing / Pulling

**Average User Completion Time:** 45 minutes.

## **Course Requirements**

Please note the following requirements to view our E-Learning courses, reliable internet access and audio speakers or earphones.

## **Additional Information**

Upon successful completion of the course, course notes and a subject matter expert stamped certificate will be immediately available for the user to download. The fee listed for each course is fully inclusive and there are no extras.