



Prospectus

Manual Handling Awareness E-Learning

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.

Notice - Please note in Republic of Ireland and some other counties a separate practical assessment is recommended in addition to this online course to ensure full compliance. This package is for 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.

After Online Course Completion

Upon successful completion of the online course, a certificate with the users name will be available for immediate download.