

Fact Sheet

MANUAL HANDLING



Overview

Manual handling is a part of almost every job, and it accounts for over a third of all workplace injuries. This course provides essential guidance on safe manual handling practices and is ideal for staff inductions, refresher training, or as a foundation for those aiming to complete a recognised manual handling qualification.



Duration:
30 - 40 minutes



Assessment:
Multiple-Choice
Questions



Price:
£15.00



Certificate:
Yes – Highfield
Completion Certificate

Areas covered

- The definition of manual handling
- The LITE stairway to safety
- Safe lifting techniques
- Correcting lifting techniques
- Lifting with more than one person
- Examples of manual handling

Who is it aimed at?

Ideal for staff inductions, refresher training, or anyone whose role involves manual handling. It also supports apprentices as part of the on-programme element of the new apprenticeship standards, helping them develop the knowledge, skills, and behaviours needed to integrate successfully into the workplace.

