

Level 2 Award in Principles Manual Handling For The Construction Environment

Course Introduction

The Manual handling course will explain the inherent dangers of moving and handling, but more importantly it will show you how to perform the task 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. This construction centred course includes a practical element catered to your specific working environment.

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 in Construction
- Team Handling & Communication

Module 2 - Manual Handling Processes & Assessing Risk

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

Course Benefits

No matter what type of work site you work at, you will at some time or another perform a task that requires the manual handling of an object. From a simple task like moving cement bags to moving heavy materials around the work site.

Assessment Method

Multiple choice Knowledge Test (15 Questions)

Qualification Expiry

3 Years