T-A-B Think Act Be
Training Solutions

QA
QUALSAFE AWARDS
REGISTERED CENTRE
Centre No.: 907983

QA Level 2 Award in

Safe Moving and Handling (RQF)



1 day course

Ofqual regulated

Refresher training recommended every 3 years

This qualification contains both theoretical and practical elements.

Be Prepared!

Did you know that incorrect manual handling causes over a third of all workplace injuries?

The law states that employers have a legal responsibility to provide adequate training for those who perform manual handling tasks in their day to day role.

The **QA Level 2 Award in Safe Moving and Handling (RQF)** is a regulated and nationally recognised qualification designed for those who work, or intend to work, in a role that involves manual handling. It is the perfect course for those working in a variety of environments including warehouses and shops.

Successful candidates will learn the key principles of manual handling and how to apply these to their workplace. They will also practise a wide range of techniques, ensuring that they leave the course confident and proficient in moving and handling.

What's Covered?

- Common manual handling injuries
- Manual handling laws
- Responsibilities of employers and employees
- Risk assessments
- Safe movement principles associated with manual handling, including the body's:
  - Musculoskeletal system
  - Centre of gravity
  - Lever system
- Manual handling equipment:
  - Types of manual handling aids and equipment
  - Maintenance and requirements for testing
- Manual handling practical sessions:
  - Solo lifting, carrying and lowering an object
  - Team manual handling
  - Using equipment

Book Now with

T-A-B Training Solutions Ltd

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