

Safe Moving and Handling (HABC Level 2)

Overview

This 1 day Safe Moving and Handling course provides an effective means of ensuring that employees are aware of their responsibilities and understand the principles of the safe moving and lifting of loads.

Manual Handling Operations Regulations do not set any weight limits for lifting and carrying loads and amendments in 2002 now require employees to have adequate or appropriate knowledge or training in order to make assessments to judge whether safe moving is possible. The regulations apply to almost all work environments from offices to care homes and factories. There are different risks associated with different sectors and this regulated qualification offers learning outcomes which are suitable for all.

Course Content

- Understand the reasons for safe manual handling
- Understand how manual handling risk assessment contribute to improving health and safety
- Understand the principles, types of equipment and testing requirements associated with manual handling safety
- Be able to apply safe manual handling principles
- Practical Assessment.

