

# First Aid & Compliance Training Ltd



Our fact sheets are intended to provide all the information you need about our courses. If you have any further questions please do not hesitate to get in touch.

<b>Qualification Title</b>	L2 Award in Manual Handling – Principles & Practice
<b>Course Duration</b>	1 day – a minimum of 6 hours. The course can be split over several sessions if preferred. Each session must be a minimum of 2 hours in duration and the course must be completed within 3 weeks of the start date.
<b>Certificate Validity</b>	No expiry
<b>Max No of delegates</b>	16
<b>Description</b>	<p>We are all exposed at times to some form of manual handling such as lifting, carrying, pulling and pushing actions that can be compounded by simultaneous movements such as climbing or pivoting. Personal injuries resulting from incorrect manual handling in the workplace accounts for over one million working days lost per year, as well as the pain and suffering experienced by the casualties. Correct manual handling techniques can make a huge difference.</p> <p>The risks arising from manual handling have been recognised by the Health &amp; Safety Executive for many years, as evidenced in their regulations and advisory activities promoting good practice.</p> <p>The Regulations require employers to provide their employees with health and safety information and training – supplemented, as necessary, with more specific information and training on manual handling injury risks and prevention.</p> <p>This course provides an ideal approach to safer and more effective manual handling – not only meeting HSE recommendations, but also promoting good and safe practices in any situation.</p>
<b>Who should attend?</b>	<p>Students must be a minimum of 14 years of age.</p> <p>Dependant on the learner’s experience, there may be some pre-course or post-course reading.</p>
<b>Syllabus</b>	<p>A range of subjects are covered including:</p> <ul style="list-style-type: none"> <li>• Understand the reasons for safe manual handling.</li> <li>• Understand how manual handling risk assessments contribute to improving health and safety.</li> <li>• Understand the principles, types of equipment and testing requirements associated with manual handling safety.</li> <li>• Be able to apply safe manual handling principles..</li> </ul>
<b>Assessment &amp; Certification</b>	<p>Practical assessment is on-going by the instructor, culminating with a written test.</p> <p>The qualification does not expire but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current.</p>
<b>Refresher Training Recommended</b>	Refresher courses are strongly recommended.
<b>Prices &amp; Booking</b>	<p>Public courses: £60 per person</p> <p>Onsite training: £340 for up to 16 delegates</p> <p>All prices include certification costs &amp; course material</p>

To book call 01985-302562 or email [lizzie@firstaidandcompliancetraining.co.uk](mailto:lizzie@firstaidandcompliancetraining.co.uk)

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