Manual Handling (MHC01)

The Manual Handling training course is designed to help employers ensure that they and their employees are sufficiently trained in the principles and practices of manual handling.

This course explains the principles, practice and techniques of good manual handling. The course follows the requirements of the Manual Handling Operations Regulations 1992 (MHOR) and provides a practical guide for managing and carrying out safe and healthy manual handling.

It aims to provide learners with the knowledge and practical skills required to undertake manual handling activities safely, reducing the risk of injury to themselves and others whilst complying with relevant health and safety legislation and workplace procedures.

Course Content

- Introduction and legislation
- Manual handling injuries
- Risk assessments for safe manual handling
- Avoiding and controlling the risks
- Safe manual handling techniques

Learning Outcomes

By the end of this course, learners will be able to:

- Define manual handling and identify common workplace manual handling tasks.
- Recognise the causes and consequences of poor manual handling practices.
- Explain employer and employee responsibilities under health and safety legislation.
- Conduct a basic manual handling risk assessment using the TILE methodology.
- Demonstrate safe lifting, carrying, lowering, pushing and pulling techniques.
- Identify when mechanical aids or team lifting should be used.
- Apply safe manual handling principles within their own work environment.

Course Assessment

- Practical observation
- Written assessment

Half day

Maximum of 12 people

Training Academy
or on-site

Eurosafe certificate
Valid for 3 years

0114 250 7411 eurosafetraining.co.uk