

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

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