



Manual Handling

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Overview of Manual Handling Training Courses and Requirements

Manual handling poses various health risks to individuals involved in such activities. Some of the primary health risks associated with manual handling include:

- Musculoskeletal Disorders (MSDs)
- Back Injuries
- Joint Injuries
- Accidents and Trauma

To mitigate these health risks, employers should:

- implement appropriate risk assessment and management strategies
- provide training on safe manual handling techniques
- ensure the use of mechanical aids and ergonomic equipment
- promote a culture of health and safety in the workplace

Additionally, workers should be encouraged to report any discomfort, pain, or hazards related to manual handling activities to prevent injuries and promote early intervention.

Employer responsibilities

As an employer, you must protect your workers from the risk of injury from hazardous manual handling in the workplace. Employers must comply with the Manual Handling Operations Regulations 1992, as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002.

The Manual Handling Regulations set out a clear hierarchy of measures you must follow to prevent and manage the risks from hazardous manual handling:

- **avoid** hazardous manual handling operations, 'so far as reasonably practicable'.
- **assess** the risk of injury to workers from any hazardous manual handling that can't be avoided.
- **reduce** the risk of injury to workers from hazardous manual handling to as low as reasonably practicable.

Why is manual handling training important?

Manual handling training is important for several reasons:

- Injury prevention
- Health and well-being
- Compliance with regulations
- Increased efficiency
- Cost savings
- Employee empowerment

Overall, manual handling training is essential for promoting workplace safety, reducing the risk of injuries, and ensuring compliance with regulations, ultimately benefiting both employees and employers alike.

Manual handling training

Our Manual handling courses provide the vital knowledge that will help reduce the risks of injury in the workplace. Effective training in manual handling can lead to less absenteeism, which can have an economic benefit and most importantly reduce individual suffering.

We currently offer the following manual handling courses:

- Manual Handling Operators
- Supervising Manual Handling
- Driver CPC Manual Handling



Ouch Learning and Development is a CITB Approved Training Organisation.

Funding available through the CITB network or CITB grants for construction companies*.

**eligibility criteria applies. Please ask us for more details*

Manual Handling Operators

Learners are introduced to the hazards and risks associated with manual handling, the controls available, and what to expect from a manual handling risk assessment. The course highlights manual handling issues and prepares delegates to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors. The course includes an introduction to the lifting, carrying, pushing, and pulling activities. This course can be tailored to include client-specific issues.

Who needs this qualification?

Manual handling training is relevant across various industries and therefore anyone who is required to handle objects, equipment, or materials as part of their job may benefit from this training. The course is intended for any persons undertaking manual handling activities at work.

Why is this training important?

Under the manual handling regulations, if your workplace requires manual handling activities then it is essential that everyone receives the appropriate training. Any occupation or task that involves lifting, carrying, or moving objects has the potential for injury if proper techniques are not used.

Course content

- Manual handling injuries and their cases
- Manual handling assessment and controls
- Responsibilities imposed by the Manual Handling Operations Regulations
- Practical elements of manual handling activities including, lifting, carrying, pushing, and pulling
- Introduction to the manual handling assessment chart (MAC) tool
- Client-specific issues

Certificated by: Ouch Learning and Development

Duration: Half day

Assessment: No formal assessment

Prerequisites: None

Validity of award: 3 Years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

**Open courses
available**

**In-house / onsite
training available**

Manual Handling Operators

Learning outcomes

Upon completion of the course, learners will be able to:

- Explain what is meant by manual handling
- Explain how hazardous manual handling activities can cause injury and give examples
- State the principles for controlling manual handling risks and apply these in a practical context
- Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments
- Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations
- Understand the key principles relating to practical manual handling activities



Included in the price:



Interactive and engaging course



Access to FREE resources including Appointed Persons posters for your workplace



Qualification & digital certificate



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Course manual & materials



Automatic email reminders for certificate expiries

Supervising Manual Handling

This course focuses on the supervision and management of manual handling tasks within the workplace. The correct management of manual handling can often avoid the need for hazardous manual handling operations. The interactive training style provides practical solutions to manual handling issues.

Who needs this qualification?

Any supervisors or management who have a responsibility for employees who carry out manual handling activities in the workplace. This course will provide the knowledge needed to understand the risks involved associated with manual handling activity and the responsibilities they have as an employer.

Why is this training important?

Under the manual handling regulations, if your workplace requires manual handling activities then it is essential that everyone receives the appropriate training. Workplace injuries resulting from poor manual handling practices can lead to absenteeism and decreased productivity. Effective training can help reduce the occurrence of these injuries and their associated costs.

Course content

- Legislation
- Anatomy and physiology
- Manual handling injuries and their causes
- Manual handling risk assessment and controls
- Manual handling assessment chart (MAC) too
- Responsibilities imposed by the Manual Handling Operations Regulations 1992 (as amended in 2002)
- Practical elements including sample workplace solutions
- Tailored syllabus if necessary

Certificated by: Ouch Learning and Development

Duration: 1 day

Assessment: No formal assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

Supervising Manual Handling

Learning outcomes

Upon completion of the course, learners will be able to:

- Explain how manual handling can cause injury and give examples
- State the principles for controlling manual handling risks and apply these in a practical context
- Carryout simple manual handling risk assessments using MAC or assist management in the undertaking and revision of manual handling assessments
- Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations



Included in the price:



Interactive and engaging course



Access to FREE resources including Appointed Persons posters for your workplace



Qualification & digital certificate



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Course manual & materials



Automatic email reminders for certificate expiries

Driver CPC Manual Handling

This course is designed to provide an appropriate level of manual handling awareness for drivers. It introduces learners to the risks of manual handling and the controls available. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Manual Handling training.

Why is this training important?

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach, or bus. This course will enable learners to understand safer manual handling methods which helps to maintain their physical health and quality of life.

Course content

- What is manual handling?
- Legislation
- Anatomy and manual handling injuries
- Principles of safer lifting
- Loading/unloading vehicles



Certificated by: Ouch Learning and Development – approved by DVSA

Duration: 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

Assessment: No formal assessment

Prerequisites: A valid driver's licence or CPC card for buses, coaches, or lorries

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

Driver CPC Manual Handling

Learning outcomes

Upon completion of the course, learners will be able to:

- Identify the hazards of manual handling
- Identify risks involved and controls available
- Identify what to expect from a manual handling risk assessment



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Interactive and engaging course



Access to FREE resources including Appointed Persons posters for your workplace



Qualification & digital certificate



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