

Manual Handling

E-Learning

This course provides training with the aim to ensure safety when manual handling within the workplace.

35 minutes



Online Learning



Institution of Occupational
Safety and Health

About the course

This e-learning course aims to help ensure that delegates are following best practices and can help reduce the chances of injuries in the workplace as a direct result.

Available in 35 languages. Machine translated* content is included and includes navigation, transcripts and test questions.

*Content which is not English may be machine translated and is for assistive purposes only. We cannot guarantee the accuracy of translations.

Who should attend

This course is suitable for delegates who require knowledge in the use of safe manual handling within their workplace.

This Manual Handling training teaches delegates to understand what is meant by safe manual handling. Competency in safe carrying and lifting techniques for the workplace is a legal requirement and this course provides delegates with everything they must know to remain compliant.

Course syllabus

The course modules cover:

- Your back during Manual Handling
- Daily tasks
- LITE assessment
- Techniques.

Certification

Delegates will receive a HSS printable certificate in Manual Handling upon completion of the course.

This course is approved and accredited by IOSH.

For General Queries

Contact our customer services team:

workplace-training@sja.org.uk

Or call us on

0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm

Course brought to you by St John Ambulance in partnership with IHASCO and HSS training.

