



Level 1 - MOVING & HANDLING



Level 1 AWARD IN MOVING & HANDLING

This course is a perfect introduction for anyone in a workplace setting where their work involves moving objects. The course will provide a sound base of knowledge maintaining a safe workplace for all.

Course Content:

- Introduction to Moving & Handling
- Possible injuries
- Factors affecting handling objects safely
- The spine & spinal injuries
- Moving & handling techniques

Duration: 2-3 hours

Training Pack:

For this course, each candidate will receive a training pack, which includes an A5 book, and various activities

Certification:

Upon successful completion, each candidate will receive a certificate of attendance.

Maximum group size:

Up to 16 candidates

Cost:

Please contact us for further details

Further Progression:

Level 2 Award In Moving & Handling

