

# ONLINE TRAINING

## MANUAL HANDLING



Courses Information sheet for  
Manual Handling Training  
IIRSM & CPD Approved



**Duration:** approximately 75 minutes

*(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*

Manual handling, or to be accurate, incorrect manual handling, is one of the most common causes of injury at work. To try and combat manual handling problems, the Manual Handling Operations Regulations were introduced.

The Regulations lay out duties for both employees and employers.

They give a general requirement that employees must be trained to manually handle correctly including the use of any equipment their employer provides to handle loads safely.



Training your employees with our online system will go a long way to giving them greater awareness of the dangers that poor manual handling poses, as well as covering safe handling techniques, practical solutions to manual handling issues and the use of mechanical aids

The course consists of 6 modules with questions at the end. You are given the chance to review all your answers at the end of each module before final submission and you will be given 3 attempts at each module to achieve a pass rate of 75% or higher.

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Aspire Safety and Health.  
*For a Wealth in Safety and Health*



Members of The British Occupational Hygiene Society (BOHS) and The International Society for Respiratory Protection (ISRP)

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Module Number	Module Name	Pass % Required
1	What is Manual Handling?	70
2	Manual Handling Regulations	70
3	Safe Handling	70
4	Learning Safe Handling Habits	70
5	Practical Manual Handling Solutions	70
6	Use of Mechanical Aids	70

### Purchasing these courses

Number of Candidate Licences	Cost	How to receive Licences
1 to 3	£24	Click on the <b>BLUE - BUY NOW</b> Button top left panel of course page
4 to 10	£22	Contact us to arrange discounted payment and receive your courses
11 to 20	£20	Contact us to arrange discounted payment and receive your courses
21 and over	£18	Contact us to arrange discounted payment and receive your courses

### Recommended System Requirements

- **Operating System:** Windows XP/7/8, Mac OSX (10.6)
- **Browser:** Chrome 20+, Firefox 28+, Internet Explorer 9, Safari for Mac 5+
- **Video:** Up to date video drivers
- **Memory:** 1Gb+ RAM
- **Download Speed:** Broadband (3Mb+)
- **Additional Software:** Flash Player 10+

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