

| ONLINE LEARNING |

MANUAL HANDLING



LEVEL 1



COST £25

This innovative, multi-device e-learning course (which has been quality endorsed by Highfield Qualifications) provides learners with the knowledge they need in reference to manual handling in a fun and interactive way.

WHAT DOES IT COVER?

The course content has been written by leading experts in the field of manual handling and learners will cover the following topics:

- The definition of manual handling
- The LITE stairway to safety
- Safe lifting techniques
- Correcting lifting techniques
- Lifting with more than one person
- Examples of manual handling

