

# Qualsafe QA Level 2 Award in Principles of Manual Handling (RQF)

## Course Description

This regulated and nationally recognised qualification provides Learners with the opportunity to develop their understanding of the principles of safer manual handling.

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## Who Should Attend?

The QA Level 2 Award in Principles of Manual Handling (RQF) qualification has been specifically designed for all employees to help raise their awareness of the risks associated with unsafe manual handling practices. It is also ideal for those who might have to carry out manual handling as part of their job such as handling deliveries, parcels and boxes

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## Course Information

### Half Day Course

Learners will develop a greater awareness of manual handling, including:

- > Common manual handling injuries
- > The safe movement principles
- > Theory of safe manual handling principles
- > Manual handling equipment.