

## Certificate in Manual Handling Risk Assessment

### Introduction

The Manual Handling Operations Regulations 1992 require employers to assess any hazardous manual handling tasks that cannot be avoided and reduce the risk of injury, so far as is reasonably practicable. The Certificate in Manual Handling Risk Assessment provides recognition of an individual's ability to undertake a manual handling risk assessment in line with the Health and Safety Executive's guidance.

### Course Objectives

Upon completion of the course, learners will:

- Understand the importance of manual handling risk assessments
- Understand the principles of controlling the risks from manual handling
- Understand how a manual handling risk assessment is undertaken.

**Duration:** 1 Day Course

### Course Content

- Reasons for Conducting MH Risk Assessments
- Main Legislation Relating to MH Risk Assessment
- Competencies Required of MH Risk Assessors
- Basic Principles of Anatomy and Physiology
- Common Injuries from Manual Handling Operations
- Vulnerable Groups at Risk
- Factors in a Manual Handling Risk Assessment
  - task
  - individual
  - load
  - environment
  - other factors
- Identifying and Evaluating Existing Control Measures
- Proposing Additional Control Measures
- Applying the Hierarchy of Controls
- Making Recommendations Based on the Findings
- Recording the Findings of a MH Risk Assessment
- Reviewing and Revising a MH Risk Assessment

Duration: One day followed by an assessment task completed after the course, testing knowledge and understanding of the manual handling risk assessment process.

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