



Safe Moving and Handling

The Safe Moving and Handling qualification aims to provide an understanding of the basic principles of manual handling. This will enable learners to practice and apply safe moving and handling of objects within the workplace.

Available Regulators

Ofqual

Qualification Number: Ofqual – 601/5851/7

Title: STA Level 2 Award in Safe Moving and Handling (QCF)

Credit Value: 2 Credits

Pre-Requisites

Be 16 years of age or older

Be physically capable of full participation in all aspects of the course

Validity of Award

This qualification is valid for 3 years.

Length of Course

10 Notional Guided Learning Hours:

6 Recommended Guided Learning Hours

4 Non-Contact Guided Learning Hours

Mandatory Units

Manual Handling Safety at Work

Course Information

This qualification covers:

Understanding the reasons for safe manual handling

Understanding how manual handling risk assessments contribute to improving health and safety

Understanding the principles, types of equipment and testing requirements associated with manual handling safety

Applying safe manual handling principles

Assessment Criteria

Complete various practical lifts to the satisfaction of the course tutor

Complete an 15 question worksheet