

SAFE MOVING AND HANDLING TRAINING



Made Simple

The
RedCat
Partnership
Health and Safety Consultants



Highfield
Qualifications®

Choose which course or session suits your needs;

Technique Update/Basics (2 hours)

OBJECTIVES; in this short session, delegates will demonstrate the correct, up-to-date techniques for the common lifting, carrying, pushing and pulling found in most work places. There's not much sitting down on this course, it's all about exploring and practising the movements.

Level 2 Award in Safe Moving and Handling

This course aims to give delegates a greater degree of understanding of moving and handling as a whole.

OBJECTIVES; for delegates to

- have an understand of the reasons for good manual handling processes, and the legal requirements underpinning this.
- the risk assessment process; carrying out a formal manual handling assessment.
- demonstrate a wide range of manual handling techniques.

This course typically takes 6 hours to deliver and assess.

It a formal qualification, is assessed by a short, multiple choice test, and delegates correctly demonstrating the required manual handling techniques to the trainer, which is in turn fully internally verified.

The awarding body is Highfield Awarding Body for Compliance.

The Practicalities

Costs

An illustration/typical example of costs to deliver either session at your workplace;

- 2-hour Technique Update; typically £395.00 +VAT for up to 10 delegates
- Level 2 Award in Safe Moving & Handling; typically £195.00 +VAT per delegate (including a "key facts" booklet and assessment fees)

VARIABLES;

- **HOW MANY** of delegates/number of sessions
- **WHAT** amendments we need to make to the course content, depending on your needs;
- **WHERE** we deliver the training; at your workplace, or at our training venue, No.8 Thorpe Road, Norwich



CONTACT US for a detailed quotation

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The
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**Avoid
This.**



Get This.

