

# Health & Safety

## Manual Handling

Manual handling is the carrying and moving of any object and in the workplace, this can pose a notable risk. This course explores what you can do to reduce the risk of manual handling related injury. We will consider how to minimise the risk and consequence by implementing control measures. This course looks at what is safe when lifting or moving heavy loads and identifies the correct process to ensure you move and lift safely. Furthermore we will look at the law in relation to manual handling and the duties of both the employer and the employee.

## In this Module

Videoscribe explainer video, with professional audio (duration: 02:26)

English Subtitles

7 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Place your feet correctly.
2. Have a good posture.
3. Move smoothly and keep the load close to your body.

