



IMPULSE TRAINING

E-LEARNING FACT SHEET

COURSE TITLE	MANUAL HANDLING
COURSE LEVELS	INTRODUCTORY LEVEL
COURSE OVERVIEW	This course offers a comprehensive guide to best practice when it comes to manual handling. Ideal as part of a staff induction, as refresher training for existing staff or for those looking to go on to achieve a recognised manual handling qualification.
COURSE CONTENT	<ul style="list-style-type: none">• The definition of manual handling• The LITE stairway to safety• Safe lifting techniques• Correcting lifting techniques• Lifting with more than one person• Examples of manual handling
WHO IS IT AIMED AT?	Ideal for employee inductions, refresher training or anyone who will be involved in manual handling as part of their job role.
COURSE DURATION	30 - 40 minutes.
TEST/CERTIFICATION	Learners are assessed at the end of the course by multiple-choice questions. Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.
COST	£20.00