

## NEBOSH Certificate in Manual Handling Risk Assessment

### Introduction

This brand-new course has been created by NEBOSH in partnership with top HSE ergonomists to provide a fantastic resource for managers, team leaders and health and safety professionals to properly understand and manage the risks that come from manual handling.

The course focuses on how to assess manual handling operations, rather than on lifting technique for workers, and includes information on how to use the HSE's manual handling resources.

**Recognise, assess and reduce manual handling risks in the workplace.**

### Course Objectives

The qualification will help you to:

- Explain the importance of reducing risks associated with manual handling activities
- Understand responsibilities in relation to manual handling
- Explain what manual handling risks are and how they may result in injury
- Demonstrate and practice appropriate manual handling risk assessment technique
- Apply wider elements of risk management for manual handling.

### Course Outline

#### MHR1 – Assessing Manual Handling Risk

**Element 1** – Principles of Manual Handling

#### Element 2 – Managing Manual Handling Risk

Identification of Manual Handling Risk

#### Element 3 – Managing Manual Handling Risk

Interventions in the workplace

Duration: 1 Day Course

**Assessment:** The course is assessed with an interactive, video-based assessment. Learners will complete an assessment of manual handling using a provided template and video and use HSE tools to perform an assessment of risk. They will then score risks observed, and propose controls for any factors that have been scored as amber or red.

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