

COURSE CONTENT OVERVIEW

Manual Handling Awareness

This Manual Handling Awareness course provides a practical guide to protecting your body from the cumulative risks of handling loads. Manual handling is a part of almost every role, yet it remains one of the biggest causes of workplace injury. This training focuses on workplace realities and what you can actually control to stay safe.

It covers how to use your body's natural mechanics, perform quick dynamic risk assessments using the LITEO framework and safely handle awkward loads. The course tackles real-world workplace pressures, like tight deadlines and missing equipment, to give you the tools and confidence to speak up, challenge unsafe practices and advocate for your long-term health, both inside and outside of work.

Module 1: The Reality of Manual Handling

This module introduces the core principles of manual handling and explains why protecting your body matters long before you ever feel an ache. You will explore the cumulative nature of musculoskeletal injuries and look at how easily everyday habits and shortcuts can turn into chronic pain.

- What is manual handling?
- Where do we start?
- So, where do we go wrong?
- What's the impact?
- What should you expect from your employer?
- What about the reality?
- How can you keep yourself safe?
- What's the LITEO check?

Module 2: What's Your Load?

This module focuses on the first letter of the LITEO check, helping you remove the dangerous guesswork before you commit to moving a load. You will learn how to safely evaluate loads, understand how an item's shape affects the stress on your body, and adapt your technique to handle awkward loads.

- What makes your load hazardous?
- What's the leverage effect?
- Where's the safe zone?
- What about awkward loads?
- What can you do?

Module 3: What's Your Individual Capability?

This module highlights the importance of being honest with yourself about your physical capacity in the moment. It explores the short and long-term factors that can affect your capabilities and explains how to raise personal changes with your manager.

- Why do we push ourselves?
- What impacts your physical ability?
- Why your communication matters

Module 4: What's The Task?

This module looks at the mechanics of the task itself. It demonstrates how to use mechanical aids effectively, carry out individual lifting techniques and coordinate safe team lifts.

- What's the task?
- How can equipment help?
- Should you push or pull?
- What if the equipment isn't usable?
- Moving the load itself
- Lifting and carrying
- Preparing to lift
- Moving with a load
- Managing height
- Do you have what you need for the job?
- How can you manage a team lift safely?
- What if you're sitting down?
- Why should you communicate with your manager?

Module 5: What's a Safe Environment?

This module details how to take a proactive approach to your environment by scanning your surroundings for subtle hazards. You will learn how to identify and overcome environmental hazards, plan the most efficient routes, and how 'other' factors, such as Personal Protective Equipment (PPE) and clothing, can impact your ability to safely handle loads.

- What hazards can you see?
- How to plan your route
- What hazards are in your environment?
- How does your environment change?
- What's the danger?
- How to overcome straight edges
- Speak up about your environment
- What about the 'other' factors?
- What can you do?

Module 6: Championing a Safe Work Culture

This final module encourages you to move beyond personal protection and actively look out for your colleagues. You will learn how to overcome the psychological barriers to speaking out, challenge unsafe requests and help drive positive change within your company.

- Workplace culture
- Barriers to speaking out
- How can you advocate for yourself?
- How can you escalate your concern?
- Why make these choices?
- How your reports drive real change

Aims of the training

By the end of this course, you will be able to:

- Recognise the risks of poor manual handling and the resulting health consequences.
- Apply techniques to manually handle loads safely.
- Identify environmental hazards that may prevent you from handling loads safely.
- Challenge unsafe manual handling practices by recognising common barriers and applying practical steps to report or escalate concerns.