



QA Level 2 Award in

Moving People Safely (QCF)



2 day course



Ofqual regulated



Refresher training recommended every 3 years

Reduce the Risks

Did you know that the Health and Social Care sector had the highest number of reported handling injuries in 2013/14?

The **QA Level 2 Award in Moving People Safely (QCF)** is a regulated and nationally recognised qualification designed for those who work, or intend to work, in a role that involves assisting and moving people. It is the perfect course for those working in a variety of health and social care environments such as care homes.

Successful candidates will learn the key principles of safe handling and how to apply these in their workplace. They will also practise a range of techniques, ensuring that they leave the course confident in the safe moving and handling of people.

What's Covered?

- Common manual handling injuries
- Responsibilities of employers and employees
- Manual handling laws
- Risk assessments and risk control hierarchy
- Potential impact to a person if moved incorrectly
- Personal handling plans
- Ways to preserve dignity, health and safety when moving a person
- Manual handling and the musculoskeletal system, including:
 - Centre of gravity
 - Lever system
- Key movement principles when moving a person
- Unsafe manoeuvres
- Aids and equipment used to move people and objects:
 - Types of aids and equipment
 - Maintenance and requirements for testing
- Practical sessions:
 - Solo moving of people and objects
 - Team moving of people and objects
 - Using aids and equipment

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