

## Aset Level 2 National Award in Moving and Handling

### Aim of Training

The ASET Level 2 Certificate in Moving and Handling will develop a learner's awareness of relevant legislation and procedures that have an impact on health and safety responsibilities in the workplace.

IMPORTANT Under the Health and Safety at Work Act (1974) it is a mandatory requirement that employers provide appropriate training for staff to do their job safely hence any employee whose job role involves moving and handling should be trained.

The aim of the qualification is to provide learners with the knowledge and understanding to carry out safe moving and handling techniques for objects and / or individuals, and to minimise the risk of injury to learners involved in handling and moving objects and/ or individuals.

### This course is for

The ASET Level 2 Certificate in Moving and Handling is designed for those learners with duties which involve the moving and handling of objects and/or individuals within their working environment.

This course goes above the requirements of the common induction standards for care.

### Content

- Define manual handling operations.
- Accident statistics applicable to moving and handling.
- Current and applicable health and safety legislation and regulation and their application in the workplace.

- The action to take in the event of an accident/dangerous occurrence.
- Recognising the correct handling techniques for lifting (avoiding postural stress).
- Environmental factors.
- Components associated with the spine and their function.
- Define the terms 'acute' and 'chronic' when categorising musculoskeletal injuries.
- Inappropriate activities which may cause musculoskeletal disorders.
- Possible effects of inappropriate activities and poor posture.
- When an injury should be referred to a doctor.
- Define the terms 'hazard' & 'risk'.
- Outline the aim of a moving and handling risk assessment.
- What to do when risks are identified: elimination, reduction & control.
- Risk management (reducing the risk of injury).

### Learning Outcomes

- Describe the legal requirements for safe moving.
- Understand the importance of good posture and facilitate safer moving and handling.
- Identify possible activities that could cause musculoskeletal.
- Identify methods to reduce the risk of injury.
- Prepare individuals, environments and equipment for moving and handling.

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- Handle and move individuals.
- Describe various types of mechanical handling aids.

### Assessment

Units are internally set and marked by the centre and externally moderated by ASET.

### Accreditation

ASET Level 2 National Award.

### Structure

This qualification comprises of two units:  
Introducing moving and handling.

Moving and handling individuals.

This qualification has a length of 20 guided learning hours.

### Entry Requirements

The minimum age limit for learners wishing to take this programme is 16 years. It is essential that applicants have a minimum of Level 2 Key skills in literacy, communication and ICT.