



# Manual Handling Awareness e-learning

(Kinetic Lifting Techniques)

## Introduction

Our manual handling e-learning course has been developed to reinforce the importance of using effective techniques when lifting and moving items at work. You'll explore common manual handling injuries and their causes, and learn how to identify risks to yourself and your colleagues, helping to reduce the likelihood of injury and promote safer working practices.

As part of our modern learning approach, this qualification is available through **interactive e-learning**, designed to increase engagement, flexibility and learner confidence. Our digital platform supports active learning through scenario-based activities, short knowledge checks, multimedia content and tutor-supported forums. This enables learners to study in a way that suits their schedule and preferred learning style.

## Course Duration

We offer this as a flexible e-learning course, allowing delegates to study anytime, anywhere and at a pace that suits them.

Delegates will be given a three-month licence from first access to complete the course. Once this licence expires, delegates will be required to pay a fee to reactivate it and should contact our Customer Service Team for more information.

## Course Attendees

This course is suitable for employers and employees alike.

The e-learning format is particularly beneficial for:

- Learners who prefer flexible, self-directed study
- Busy professionals who need on-demand access
- Those who benefit from interactive content rather than traditional text-based learning
- Remote teams and organisations seeking consistent training across multiple sites



## Course Programme

On completion of this e-learning programme, learners should be able to:

- What we mean by 'manual handling'
- Why good manual handling is important
- Common injuries
- Employer and employee duties
- Correct lifting techniques



## Training Certification and Assessment

Successful delegates will receive an SSG training certificate, which is valid for three years.



## Suggested Follow on and Complementary Courses

- [Manual Handling Instructor and Assessor](#)
- [NEBOSH National General Certificate in Occupational Health and Safety](#)
- [IOSH Working Safely \(available as a classroom or e-learning course\)](#)
- [Working at Heights Awareness e-learning](#)