

# Qualsafe Level 2 Award in Moving People Safely (RQF)



2 day  
course



Ofqual  
regulated



Refresher training  
recommended  
every 3 years













## Course Overview

The **Qualsafe Level 2 Award in Moving People Safely (RQF)** 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
-  Manual handling laws and responsibilities of employers and employees
-  Risk assessments and risk control hierarchy
-  Potential impact to a person if moved incorrectly
-  Personal handling plans
-  Health and safety and ways to preserve dignity
-  Manual handling and the musculoskeletal 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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