Course: STA Level 2 Award in Safe Moving and Handling

Qualification Overview

The Safe Moving and Handling qualification aims to provide an understanding of the basic principles of manual handling. This will enable learners to practice and apply safe moving and handling of objects within the workplace.

This qualification is regulated by Ofqual (England), Qualification Wales (Wales).

This qualification is valid for a period of 3 years. The learner needs to retake the qualification before the certificate expiry date to remain qualified.

Qualification Delivery

The recommended contact hours for this qualification are 6 hours, which includes direct teaching and assessing but excludes breaks.

The course may be delivered over 1 day but can also be delivered over a maximum of 3 weeks, with the minimum of each training session being 2 hours.

The ratio for this qualification is a maximum of 12 learners to 1 tutor.

Qualification Objectives

Learners who successfully complete this qualification will be able to:

- Understand the reasons of safe manual handling
- Understand how manual handling risk assessments contribute to improving health and safety
- Understand the principles, types of equipment and testing requirements associated with manual handling safety
- Apply safe manual principles.

Intended Audience

Safe Moving and Handling is designed for people who are involved in carrying out manual handling tasks in their workplace. This includes employees working in industrial and office-based environments. It is an ideal introduction for those starting / returning to work involving manual handling activities, or as safety refresher training.

Entry Requirements

Learners must be 16 years of age or above on the first day of the course.

There are no previous qualifications or experience required, however it is advisable that learners have a minimum of level 1 in literacy and numeracy or equivalent.

Qualification Assessment

This qualification is tutor assessed through practical demonstrations and completion of a multiple-choice theory assessment paper.

All practical elements must be completed and performed independently by the learner without prompting by the tutor.

The multiple-choice assessment paper is to be completed independently by each learner and completed in exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multi-choice assessment paper.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent in order to pass the qualification.

Learning Materials

All learners will be provided with:

- STA Safe Moving and Handling Resource manual

Course: STA Level 2 Award in Safe Moving and Handling

Costs

(Based on 6-hour course over one day)

Number of Candidates	Cost per Candidate	Total Cost of Course
4	£137.88	£551.60
5	£114.08	£570.40
6	£98.20	£589.20
7	£86.85	£608.00
8	£78.34	£626.80
9	£71.73	£645.60
10	£66.43	£664.40
11	£62.10	£683.20
12	£58.50	£702.00

(Prices are valid until 31 December 2026)

Please note: These costs exclude any venue hire changes, course refreshments and accommodation costs if instructors are required to stay away during the course *(Beyond 50 miles from base)*. Please contact us further information if required.

For Further Information and Course Bookings

Telephone: 07860290461 (Lee Caunce) or 07548661581 (Samuel Dickinson)
Email: Contact@consulthealthandsafety.com