



**The National Examination  
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A close-up photograph of a worker's feet wearing grey safety boots with black soles, standing on a large, rusted metal block. The worker is wearing yellow safety trousers. The background is blurred, showing more of the industrial setting.

# NEBOSH HSE Certificate in Manual Handling Risk Assessment

## Qualification guide for Learners

# Qualification overview

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## Qualification key features

Unit prefix and title:	<b>Unit MHR1: Assessing Manual Handling Risk</b>	
Assessment Unit MHR1:	<b>Assessment Type</b> Practical assessment	<b>Assessment Time</b> Approximately 1 hour
Modes of study:	Taught (face-to-face) Open, distance or eLearning	
Notional learning hours:	Taught hours: 6 hours Assessment: 1 hour <b>Total hours: 7 hours</b>	
Qualification level:	Notional SCQF Level 6 / RQF Level 3	
Entry requirements:	None	
Recommended minimum standards of English:	Learners: International English Language Testing System score of 5.0 or higher Tutors: International English Language Testing System score of 7.0 or higher	
Languages available:	English	
Assessment dates/ registration:	On-demand only. Registrations can be made at any time pre-course and up to 10 working days from the assessment date.	
Pass standards:	The minimum standard required for a Unit MHR1 'pass' can be found in <i>Unit MHR1: Assessing Manual Handling Risk - Guidance and information for learners and Learning Partners</i> .	
Qualification grades:	Pass Refer	

# Qualification summary

## Who is the qualification designed for?

The qualification is suited to employers and employee representatives who want to start assessing manual handling risk in their organisation, and implement effective control measures. It will also help those already involved in managing manual handling risk, to deepen their understanding of the subject, and train in the use of specific HSE manual handling assessment tools.

## Benefits for students

The NEBOSH HSE Certificate in Manual Handling Risk Assessment is a qualification for those who want to recognise, assess and reduce manual handling risks in the workplace. The syllabus and accompanying learning materials have been developed by NEBOSH, in conjunction with Great Britain's Health and Safety Regulator, the Health and Safety Executive (HSE), and are based on published HSE guidance.

You will learn:

- The reasons for avoiding manual handling, and the common types of injury that can arise
- How to assess risk factors using HSE tools and guidance
- How to evaluate the risk in a proportionate and sensible way
- Suitable control measures

## Benefits for employers

The NEBOSH HSE Certificate in Manual Handling Risk Assessment will help you to:

- Have confidence as your team will be trained in HSE's current approach to manual handling risk assessment
- Ensure your organisation has valuable in-house manual handling risk expertise
- Upskill your teams so they can carry out manual handling risk assessments to the right standard, and identify where specialist input is required
- Create a safe and healthy work environment

## Notional learning hours

It is expected that this qualification will be delivered over the equivalent of one day (depending on the mode of study).

## Programmes offered by NEBOSH Learning Partners

Details of NEBOSH Learning Partners throughout the world can be found on NEBOSH's website. Please contact the Learning Partners directly to find out how their course will be structured.

## Individual learner feedback

For more information on the assessment feedback provided for this qualification, please visit the NEBOSH website: <https://www.nebosh.org.uk/faqs/how-can-i-gain-feedback-on-my-performance-to-assist-with-future/>

# Syllabus

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## Syllabus summary, learning outcomes and assessment criteria

Element summary		Learning outcome	Assessment criteria
		On completion of this course the learner will be able to understand:	
1	Principles of manual handling	Why manual handling should be avoided, the moral, business and legal reasons for assessing and managing it and common types of injuries that arise.	Complete a manual handling assessment case study which identifies a range of hazards and meets best practice standards ('suitable and sufficient').
2	Managing manual handling risk: Identification of manual handling risk	Understand risk factors associated with manual handling, the application of HSE's manual handling assessment tools (MAC and RAPP) and what makes a risk assessment suitable and sufficient.	
3	Managing manual handling risk: Control of risk	How to avoid manual handling risks with the use of mechanical assistance and recognition of good handling techniques.	