

## Manual Handling (1 day)

This course aims to train delegates with the knowledge required to safely lift, lower, push, pull, carry and support any heavy loads.

## Instructions

Must be a minimum age of 16.

Must have sufficient command of English language to allow candidates to address the assessment requirements of the qualification. Please advise of any special needs i.e. Dyslexia

Must Bring Photo ID - For British Nationals, one of the following (**original hard copy - not electronically**): a current and valid branded form of identity token, used for accessing the RMI (Railway Maintained Infrastructure) such as a Sentinel Card; in-date and valid full driving licence; in-date and valid UK Provisional Photo Card Driving Licence; in-date and valid passport, a UK biometric ID Card/Residence Permit (BRP), an Armed Forces Identity Card, a proof of age card recognised under PASS with a unique reference number (this includes the Citizen ID Card), N.I. Electoral Identity Card or a resident permit as per Home Office guidance.

For Non-British Nationals - an in-date and valid passport, Identity Card or Driving Licence from an EU or European Economic Area (EEA) country or a US Passport Card is required (**original hard copy - not electronically**).

No PPE is required.

### Address

Intertrain (UK) Ltd  
Balby Court Business Campus  
Balby Carr Bank  
Doncaster  
South Yorkshire  
DN4 8DE

### Contact

Tel: 01302 815 530  
Fax: 01302 815 531  
Email: [sales@intertrain.biz](mailto:sales@intertrain.biz)