

## TMP suggested courses for Volunteers

### Manual Handling - Vital Skills

This Manual Handling Awareness online training course raises awareness of the dangers associated with manual handling and the practical steps that can be taken to minimise and control the risks that it presents.

The course covers what manual handling is, the main injuries that can result from it, applicable legislation, avoiding or assessing manual handling activities and reducing the risk through good handling techniques.

Assured by RoSPA and the CPD Certification Service.

Complete the course in approximately 90 minutes, 100% online, including the final assessment. Immediate start with 24/7 access

Download the course certificate on completion.

Cost (April 2024) £12+VAT

[https://hsqe.co.uk/courses/manual-handling/?gad\\_source=1&gclid=CjwKCAiA8NKtBhBtEiwAq5aX2LA3kvJDUpHz4\\_khBChJzjb\\_VoRbRM1GCILAdSWG0VnihWa6JBfk6BoCuWMQAvD\\_BwE](https://hsqe.co.uk/courses/manual-handling/?gad_source=1&gclid=CjwKCAiA8NKtBhBtEiwAq5aX2LA3kvJDUpHz4_khBChJzjb_VoRbRM1GCILAdSWG0VnihWa6JBfk6BoCuWMQAvD_BwE)

### Level 2 Food Hygiene and Safety – High Speed Training

This course, often referred to as the basic food hygiene certificate, is for anyone who works in a setting where food is cooked, prepared or handled.

All food handlers can satisfy their legal requirement by taking this course.

Cost (April 2024) £20+VAT

<https://www.highspeedtraining.co.uk/courses/food-hygiene/>