

FDQ - Qualification Specification

FDQ number	Qualification title	Qualification number (QN)	EQF Level	Review date
235-256	FDQ Level 2 Award in Workplace Manual Handling	601/8804/2	3	30 th April 2026

Qualification Purpose

This qualification is designed to develop and recognise intermediate level manual handling knowledge, for learners who need to understand the principles of practice in the workplace for compliance with health and safety requirements. It is ideal for those learners entering the workplace for the first time, or workplace operatives/technicians/team leaders.

Ofqual purpose B. Prepare for further learning or training and/or develop knowledge and/or skills in a subject area. Sub Purpose B2. Develop knowledge and/or skills in a subject area.

Learners need to be 16 years old or over to take this qualification. Learners do not require any prior qualifications or units or food skills experience to take this qualification. The qualification assesses and recognises achievement in a learning environment.

The qualification covers mandatory knowledge in areas like: the rationale and responsibilities for manual handling practice, principles of manual handling techniques like lifting and carrying, and the consequences of regulatory non-compliance. There are no optional units in this qualification.

This qualification could lead to

The qualification will support progression to further learning in:

1. subject areas including;
 - health and safety
 - risk assessment
 - inspection/audit of plant and machinery

- hygiene, safety and quality management
2. particular qualifications including;
 - FDQ Level 3 Award in Health and Safety for the Food Supply Chain Business
 - NEBOSH National General Certificate in Occupational Health and Safety
 - NEBOSH Health, Safety and Environment in the Process Industries
 3. This qualification may support employment in/into technician/manager level roles including;
 - teacher/trainer
 - product development manager
 - processing and manufacture technician/manager
 - service manager
 - health and safety manager
 - quality assurance technician/manager

Qualification support

This qualification has been designed and developed in partnership with Bernard Matthews Ltd. It is also supported by the Food and Drink Training and Education Council.

Further Information

Further information can be obtained from our website at: <http://www.fdq.org.uk>

Or by contacting FDQ:

Tel: 0113 859 1266

Email: fdq@fdq.org.uk

Assessment

Assessment of this qualification is by learner portfolio of achievement. Evidence of performance can be supplemented by other assessment evidence e.g. witness testimony, work-related questioning, workplace documentation, photographic evidence and professional discussion.

Other assessment methods may be used to assess knowledge requirements including e-assessment, multiple-choice examination and assignment. Assessment requirements are set out

in individual units of assessment, see exemplar *Y/508/4362 Principles of safe manual handling in the workplace*.

Reasonable adjustments apply that allow learner support for oral or other assessment adjustment arrangements to meet learner needs. All assessment activity is subject to internal quality assurance.

FDQ has in place a quality system comprising policies and procedures to ensure its qualifications are developed, delivered and remain fit for purpose. FDQ externally quality assures all centre assessment and internal quality assurance quality and arrangements.

Achievement

This qualification is an Award and is pass/fail.

Rules of Combination (RoC)

FDQ Level 2 Award in Workplace Manual Handling	
Total Qualification Time (TQT)	10 hours
Group A – Mandatory unit	1 credit
Guided Learning Hours (GLH)	5 hours

Mandatory unit

Unit ref	Unit type	Unit title	Level	Credit	GLH
Y/508/4362	UK	Principles of safe manual handling in the workplace	2	1	5

Exemplar unit of assessment

Title	Principles of safe manual handling in the workplace				
RQF Unit ref	Y/508/4362				
RQF Level	2	Credit value	1	GLH	5
Learning outcomes		Assessment criteria			
The learner will:		The learner can:			
1. Understand the rationale for safe manual handling practice		1.1 Outline what manual handling is and functions including: <ul style="list-style-type: none"> • lifting • putting down • pushing • pulling • carrying • moving 1.2 State who is implicated by manual handling requirements in the workplace 1.3 Outline the manual handling responsibilities of employees and employers in the workplace including: <ul style="list-style-type: none"> • identification of hazards • risk assessment. 			
2. Understand safe manual handling principles and types of handling equipment		2.1 Outline what should be considered in manual handling operations 2.2 Describe safe manual handling practices for: <ul style="list-style-type: none"> • lifting • moving • pushing • putting down 			

	<p>2.3 Outline safe movement principles including:</p> <ul style="list-style-type: none"> • load • individual capabilities • task • environment <p>2.4 State the types of equipment designed to support manual handling operations.</p>
<p>3. Understand the consequences of non-compliance with health and safety requirements in the workplace</p>	<p>3.1 Outline the potential injuries and ill-health that result from incorrect manual handling practices</p> <p>3.2 Outline the implications and potential penalties of non-compliance with health and safety requirements in respect of manual handling.</p>