

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 for development for 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 2 Award in Health and Safety in the Food Supply Chain Business
 - FDQ Level 3 Award in Health and Safety in the Food Supply Chain Business
 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 is 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

Centres may choose one the following methods of assessment which allow learners to demonstrate their knowledge and understanding.

1. Multiple-choice examination available on FDQAssess
2. A candidate portfolio of achievement. The portfolio could include performance evidence, witness testimony, work-related questioning, workplace documentation, photographic evidence and records of professional discussion, or an assignment.

Assessment requirements are set out in the (one) unit of assessment for this qualification
Y/508/4362 Principles of safe manual handling in the workplace.

Should Reasonable Adjustments or Special Considerations be required the relevant policies and form can be found on the FDQ website <https://www.fdq.org.uk/fdqpolicies>

FDQ's quality system, comprising policies and procedures, ensures its qualifications are developed, delivered and remain fit for purpose. FDQ externally quality assures all centre assessment and internal quality assurance 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

Unit of assessment

Title	Principles of safe manual handling in the workplace				
Unit reference	Y/508/4362				
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	<p>1.1 Outline what manual handling is and functions including:</p> <ul style="list-style-type: none"> • lifting • putting down • pushing • pulling • carrying • moving <p>1.2 State who is implicated by manual handling requirements in the workplace</p> <p>1.3 Outline the manual handling responsibilities of employees and employers in the workplace including:</p> <ul style="list-style-type: none"> • identification of hazards • risk assessment. 				
2. Understand safe manual handling principles and types of handling equipment	<p>2.1 Outline what should be considered in manual handling operations</p> <p>2.2 Describe safe manual handling practices for:</p> <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>
3. Understand the consequences of non-compliance with health and safety requirements in the workplace	<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>