

# Manual Handling Trainer Course

Accredited Level 3 SafeCert Qualification

Duration: 2 Days (9am – 5pm) Level: Level 3 Price: £350 + VAT per person

Abertay Training

Last Updated: 5 April 2026



This accredited Manual Handling Trainer Award is designed for professionals who want to teach safe lifting, carrying, and moving techniques in workplace settings. The two-day programme covers the anatomy of the spine, risk assessment principles, and

practical training delivery methods to help you reduce musculoskeletal injuries in your organisation. Upon completion, you will receive a SafeCert Level 3 Manual Handling Trainer Award and a complimentary PDL SG teaching qualification, enabling you to deliver accredited manual handling training and issue certificates to your delegates.

## What You'll Learn

- ✓ Manual Handling Legislation
- ✓ Risk Assessment Principles
- ✓ Anatomy and Physiology of the Spine
- ✓ Safe Lifting Techniques
- ✓ Pushing and Pulling Techniques
- ✓ Team Lifting and Carrying
- ✓ Practical Demonstration Skills
- ✓ Training Delivery Techniques
- ✓ Assessment and Certification

## Course Information

**Duration:** 2 Days (9am – 5pm)  
**Qualification:** SafeCert Level 3 + PDL SG  
**Price:** £350 + VAT per person  
**Delivery:** Classroom / Zoom  
**Locations:** UK-wide venues + Online Zoom

Call 0333 500 5000 to Book

## Our Accreditations

## Available Manual Handling Trainer Course Dates

VENUE	Apr 2026	May 2026	Jun 2026	Jul 2026	Aug 2026	Sept 2026
Online (Zoom)	-	<a href="#">11-12</a>	<a href="#">29-30</a>	-	<a href="#">17-18</a>	-
Glasgow	-	<a href="#">11-12</a>	<a href="#">29-30</a>	-	<a href="#">17-18</a>	-
Edinburgh	-	<a href="#">11-12</a>	<a href="#">29-30</a>	-	<a href="#">17-18</a>	-
Belfast	<a href="#">13-14</a>	-	<a href="#">8-9</a>	-	<a href="#">24-25</a>	-
London	<a href="#">7-8</a>	<a href="#">26-27</a>	-	<a href="#">13-14</a>	-	-
Maidstone	<a href="#">7-8</a>	<a href="#">26-27</a>	-	<a href="#">13-14</a>	-	-
Manchester	-	<a href="#">25-26</a>	<a href="#">17-18</a>	<a href="#">19-20</a>	-	-
Birmingham	-	<a href="#">20-21</a>	-	<a href="#">6-7</a>	-	-
Bristol	<a href="#">13-14</a>	-	<a href="#">8-9</a>	-	<a href="#">24-25</a>	-
Cardiff	<a href="#">13-14</a>	-	<a href="#">8-9</a>	-	<a href="#">24-25</a>	-
Newcastle	-	<a href="#">11-12</a>	<a href="#">29-30</a>	-	<a href="#">17-18</a>	-

Dates shown are course start dates. All prices exclude VAT. Dates subject to availability.

Course: Manual Handling Trainer Course | Provider: Abertay Training | Website: [www.abertaytraining.co.uk](http://www.abertaytraining.co.uk) | Qualification: SafeCert Level 3 + PDL SG | Duration: 2 Days (9am – 5pm) | Price: £350 + VAT per person | Accreditation: SafeCert Level 3 | CPD Accredited | IOSH Approved Provider | ISO 9001 Certified | ISO 14001 Certified | ISO 45001 Certified | IFE Affiliate | RoSPA Member | Backcare Member | Locations: UK-wide venues + Online Zoom | Keywords: Manual Handling Trainer Course, Manual Handling Trainer Course UK, Manual Handling Trainer Course qualification, Manual Handling Trainer Course certification, Manual Handling Trainer Course accredited, train the trainer manual handling trainer course, SafeCert Level 3 manual handling trainer course, Manual Handling Trainer Course online, Manual Handling Trainer Course classroom, Manual Handling Trainer Course Scotland, Manual Handling Trainer Course England, Manual Handling Trainer Course Northern Ireland, Manual Handling Trainer Course Wales, Abertay Training, Abertay Training UK, accredited trainer course UK, SafeCert Level 3, CPD accredited training, IOSH approved provider, ISO 9001 certified training provider, ISO 14001 certified, ISO 45001 certified, IFE affiliate, RoSPA member, Backcare member, UK-wide training venues, Online Zoom training, Glasgow Edinburgh Belfast London Manchester Birmingham Bristol Cardiff Newcastle

Schema: {"@context":"https://schema.org","@type":"Course","name":"Manual Handling Trainer Course","description":"This accredited Manual Handling Trainer Award is designed for professionals who want to teach safe lifting, carrying, and moving techniques in workplace settings. The two-day programme covers the anatomy of the spine, risk assessment principles, and practical training delivery methods to help you re","provider":{"@type":"EducationalOrganization","name":"Abertay Training","url":"https://www.abertaytraining.co.uk","telephone":"0333 500 5000","email":"info@abertaytraining.co.uk","address":{"@type":"PostalAddress","addressCountry":"GB"},"hasCredential":{"ISO 9001","ISO 14001","ISO 45001","SafeCert Approved Centre","IOSH Approved Provider","IFE Affiliate","RoSPA Member","Backcare Member"}}, "offers":{"@type":"Offer","price":"£350 + VAT per person","priceCurrency":"GBP","availability":"https://schema.org/InStock"},"courseMode":["blended","onsite","online"],"educationalLevel":"Level 3","inLanguage":"en-GB","availableLanguage":"English","coursePrerequisites":"No formal prerequisites required"}