



Manual Handling

Overview

This course is aimed at those who carry out manual handling activities at work and introduces delegates to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment.

Successful completion will prepare delegates to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors.

Course Content

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- responsibilities imposed by the Manual Handling Operations Regulations

Who Should Attend

This course is aimed at those who carry out manual handling activities at work

Prerequisites

There are no recommended prior learning requirements for this qualification.

Duration

3.5 hours

Certificate

On completion of the course a certificate of attendance will be issued. At a cost of £10 you can sit a multiple choice examination for the CIEH Level 2 Award in the Principle of Manual Handling certificate.

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