



CHARTERED INSTITUTE OF ENVIRONMENTAL HEALTH PRINCIPLES OF MANUAL HANDLING

Course Aim:



To ensure that those who carry out manual handling activities at work are aware of the risks and controls involved and the hazards of manual handling.

Course Objectives:



To ensure that delegates know what is meant by the term 'manual handling' and able to give examples.



To ensure that delegates know how manual handling can cause injuries and be able to give examples.



To ensure that delegates know the principles for controlling manual handling risks and that they are able to apply these in a practical context.



To ensure that delegates are able to demonstrate a general understanding of the value and purposes of conducting manual handling assessment and what employees can expect of such assessments.



To ensure that delegates are able to demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations.

Topic Areas Covered:



The process of manual handling in the workplace.



Manual handling injuries and the activities that cause them.



Manual handling assessment and control options.



Responsibilities imposed by the Manual Handling Operations Regulations.

Duration of Programme:

This is a tutor led course and will take 3 hours of training followed by a short objective test of 20 questions. Oral tests are available to ensure that candidates whose first language is not English, or those candidates with learning difficulties or disabilities can also access the training and achieve success.

Programme Support:

All delegates will receive handouts from each session.

Although this qualification can be delivered as a stand-alone qualification, it is strongly recommended that delegates should hold the CIEH Basic Health and Safety Certificate.