



Principles of Manual Handling

Who should attend?

Appropriate for all employees who handle materials, boxes, mail and packages including industrial, commercial and office workers.

Overview and benefits

This course is aimed at those who carry out manual handling at work, introducing candidates to the risks of manual handling and the controls available. The content of the qualification enables employees to develop safer manual handling techniques at their workplace.

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

Outcomes

On completing this qualification candidates will be able to identify:

- ❖ The hazards of manual handling
- ❖ The risks involved and controls available
- ❖ What to expect from a manual handling assessment

Prerequisites

The candidate requires no previous qualification or experience

Further information

Awarding body: CIEH

Course duration: Half day programme

Assessment method: Multiple choice examination paper

OFQUAL: No

Foreign language papers and materials available upon request

Candidates with learning difficulties/disabilities will have access to additional resources