



Address: 12 Harps Avenue, Minster, Sheerness, Kent. ME12 3PS

Tel: 07516249767 Email: [info@redlaws-safety.co.uk](mailto:info@redlaws-safety.co.uk)

Web: [www.redlaws-safety.co.uk](http://www.redlaws-safety.co.uk)

## **CIEH Principles of Manual Handling**

Principles of Manual Handling is a stand-alone qualification, which complements the CIEH Basic Health and Safety programme. It is aimed at those who carry out manual handling activities at work and introduces students 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 students 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.

The qualification is not intended to train students to carry out manual handling assessments nor to provide detailed training on handling techniques. While this unit of study can be delivered as a stand-alone qualification and there are no specific pre-requisites, it is strongly recommended that students should already hold the CIEH Basic Health and Safety Certificate.

### **Topic areas covered**

- 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

### **Target Audience**

Operatives concerned with the lifting and carrying of materials as part of their day-to-day activities

### **Aims**

To develop an understanding of the principles of manual handling, the potential for injuries and the preventative measures available.

### **Learning Objectives**

- To identify relevant manual handling situations in his or her own workplace.
- To understand the causative factors behind manual handling injuries and the control measures that may be adopted to reduce the level of risk.
- To create an awareness of the need for manual handling tasks to be assessed.
- To understand the fundamental requirements of the Manual Handling Operations Regulations 1992.

### **Course Duration;**

1/2 day (3 hours)

Please telephone for dates and venues.