

# CIEH Level 2 Award in Principles of Manual Handling

## Health and Safety Courses for Staff and Managers



### Who should attend

This qualification will benefit anyone who has to carry out any manual handling activities at work

### Why you should attend

In order to comply with the Manual Handling Operations Regulations

### What you will learn

This qualification introduces candidates to the hazards and risks involved in manual handling and outlines what to expect from a manual handling assessment. It will enable employees to develop safer manual handling techniques in the workplace.

### Expected outcomes

To be able to lift, lower, carry, support, push, pull loads and participate in team lifting

### Course content

On successful completion of the training programme candidates will be able to understand:

- That manual handling operations can be hazardous to health
- How manual handling operations can cause injury and harm
- The scope of legal requirements with regard to manual handling operations in the workplace.
- The process for assessing risks from manual handling and the factors that need to be considered in a manual handling risk assessment
- The value of risk assessment and how it applies to safe manual handling practice
- What is meant by good posture and why it is important not just for backs but for hands, wrists, elbows and shoulders.

### Assessment

Multiple choice question paper

### Venue

Peterborough

### Dates

2012 - 12<sup>th</sup> January; 8<sup>th</sup> March; 15<sup>th</sup> June; 5<sup>th</sup> September; 2<sup>nd</sup> November

### Cost

£110

### What's included

Registration, course book, exam fees, refreshments and lunch

### Course duration

1/2 day

### Recommended pre-requisites

None

### Recommended follow-up courses

CIEH Level 2 Award in Health and Safety in the Workplace