



## CIEH Principles of Manual Handling

### Overview

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**.

### Course Benefits

Promotes good practice and safer working environments

Help reduce lost man hours through workplace injuries

Can help to reduce insurance premiums and minimise the risk of litigation

Developed to nationally recognised standards as identified by the sector skills council

Accredited training extends the duration of employment and reduces recruitment costs

### Syllabus

The qualification covers the following topics:

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**

### Further information

**Course Duration:** ½ Day

**Examination:** Multi choice