



Manual Handling Training

Introduction

This course is designed to complement the CIEH Foundation Certificate in Health & Safety in the Workplace. The course is aimed at those who undertake any manual handling activities at work. The module introduces students to the hazards of manual handling, the risks and controls available and how to format a risk assessment.

What does the course include?

The Course contains the following sections:

- Introduction
- Defining the problem
- Avoiding the need for manual handling
- Assessing the risk from manual handling
- Reducing the risk
- Self-assessment

How long is the course?

1 Day

Why do I need it?

Successful completion of this module will prepare candidates 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, with the aim of reducing injuries related to manual handling.

What Qualification do I get?

On successful completion of the course you will be sent a quality assured certificate.

What can I do next?

Once you have completed the course it is possible to progress to a manual handling supervisors course which will enable the supervision of other operatives

Where can I train?

The training can be delivered on your site if it meets the course requirements or at one of our three training centres situated throughout the UK.