

Title: Principles of Manual Handling Certificate (CIEH approved)

Aims: To train participants in manual handling,

Objectives: Examine principles of lifting and handling
Look at methods of safe manual handling
Examine legal requirements
Explore risk assessments
Practice and demonstrate safe lifting techniques

Target Audience:

This course is for candidates who are involved in the lifting, handling and moving of objects or people in their work roles. It is certified by the Chartered Institute of Environmental health (CIEH)

Course Content

- Principles of lifting
- Legal requirements
- Safe lifting methods
- Risk assessments
- Protection from injury
- Structure of the spine
- Use of aids
- Teamwork
- Questions and answers
- Revision
- Assessment

Commentary

As well as delivering the CIEH course, we also provide in-house training for companies. The course covers basic lifting and handling, and can be tailored to cover both objects and/or people.