

Principles of Manual Handling

A level 1 health & safety qualification awarded by the Chartered Institute of Environmental Health (CIEH)

Principles of Manual Handling course 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 particular handling techniques.

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.

Objectives

By the end of the course the student will be able to:

- i) explain what is meant by the term 'manual handling' and give examples;
- ii) explain how manual handling can cause injury and give examples;
- iii) state the principles for controlling manual handling risks and apply these in a practical context;
- iv) demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments;
- v) demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations.

The course takes 3 hours and assessment is by means of a short objective test of 20 questions.

The assessment is optional for University staff but successful completion leads to the CIEH certificate. Please indicate at the time of booking whether you would like to take the questionnaire.