



Manual Handling Techniques (CIEH)

Page 1 of 3

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COURSE CONTENT

Aim

To provide delegates with the knowledge for them to perform day-day lifting operations in a safe and competent manner.

Pre-requisites

None.

Course Duration

The course will be of either a half day or one day in duration. (Depending upon whether or not there is a requirement for the CIEH examination).

Optimum Number

The number of delegates attending this course will be a minimum of six up to a maximum of ten.

Training Aids

Use will be made of lecture notes, handouts and practical exercises.

Assessment

There is an option of undertaking the CIEH examination.

Page 2 of 3

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COURSE SYLLABUS

- Health & Safety at Work Act 1974
- Management of Health & Safety at Work Regulations 1999
- Manual Handling Regulations 1992
- What is manual handling?
- Manual handling in the workplace
- The importance of back care
- Introduction to the spine and its flexibility
- Common injuries
- Risk assessment
- Manual handling techniques
- Demonstration and practice
- Identifying, assessing and controlling handling risks
- Feedback and close

Dates available on request