



CIEH  
Accredited training centre

## **CIEH (LEVEL 1) PRINCIPLES OF MANUAL HANDLING**

**Enables employees to contribute to the development of safer manual handling methods and tasks**

### **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.

### **Outline programme**

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
- Safe handling techniques
- Responsibilities imposed by the Manual Handling Operations Regulations

### **Qualification information**

Designed for:	All employees who undertake manual handling
Course duration:	3 ½ hours
Assessment method:	Multiple choice test of 20 questions
QCA Accredited:	No
Level:	Level 1