

Aster Training

Aster Interim Solutions Limited

Principles of Manual Handling

Price: £155.00

Course Overview

This course serves as an introduction to the hazards and risks involved in manual handling and outlines what to expect from a manual handling assessment. It enables employees to develop safer manual handling techniques in the workplace and to actively participate in the assessment process.

This half day course is aimed at people who participate and supervise manual handling operations.

This 1/2 day course is aimed at people who use hazardous substances as part of their work and who require a better understanding of the regulations relating to their use.

What you will learn

At the end of this course delegates will be able to:

- Explain what is meant by the term "manual handling" and give examples;
- Explain how manual handling can cause injury and give examples;
- State the principles for controlling manual handling risks and apply these in a practical context;
- Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments;
- Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations.

Course Content

The course covers the following topics:-

- The process of manual handling in the workplace
- The physical factors associated with manual handling
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations

Course

Chartered Institute of Environmental Health (CIEH) Principles of Manual Handling A Level 1 Health and Safety Qualification.

This will be externally moderated and a pass Certificate will be issued by the CIEH to successful candidates.

An attendance certificate will be issued to any candidate who does not pass the assessment.

The **Principles Manual Handling Training Course** is limited to a maximum of 10 delegates. Course costs cover the training session, a comprehensive set of course notes and refreshments.

This is a non-residential training course. This course can be delivered in-house if required. For further information contact Aster Training on **01296 720281** for a Free Consultation to discuss your training requirements.

Cost is exclusive of VAT which is chargeable at the current rate. Prices are correct at the time of publishing, but may be varied in line with market conditions from time to time.

[Vendor Information](#)