

# Manual Handling Principles and Practice

**Awarding Body** CIEH

**Level:** Level 2 Award

This qualification is aimed at those who carry out manual handling at work, providing essential information about manual handling hazards and their control.

1/2 day programme for Level 2 Award in Principles of Manual Handling

Full day programme for Level 2 Award in Principles of Manual Handling—Principles & Practice

## Who needs this qualification?

Everyone entering the workplace for the first time—either as part of a work experience programme or at the start of employment—and those starting a new job as part of their induction programme.

## Why is this training important?

Under the Manual Handling Operations Regulations 1992, employers are required to take appropriate steps to reduce the risk of injury to employees. The CIEH Level 2 Award in Manual Handling – Principles and Practice combines both the theoretical and hands-on elements of the subject and teaches learners techniques to lift, carry, push and pull objects safely within their individual capabilities

## Learning Outcomes

- Identify and understand the risks associated with manual handling
- Learn the value of risk assessment and how to apply it
- Make recommendations to manage risk
- Apply the principles of safer handling to a range of everyday manual handling tasks

### Course Duration

1 Day

### Assessment

Multiple Choice Exam & Practical Assessment

### Ofqual Accredited

Yes—501/2001/3

### Credits

2

### Prerequisite

None

## Suggested Progression

CIEH Level 3 Award in Health and Safety in the Workplace.