

# LEVEL 2 PRINCIPLES OF MANUAL HANDLING

CIEH ELEARNING

# FACT SHEET

- Quick and Easy
- Flexible and Accessible
- Saves Time and Money
- Audited and Approved
- Accredited Option
- Bite-Size Sessions
- No Social Distancing



## KEY DETAILS AT A GLANCE

Duration	3 - 4 hours
Audience	Anyone who is involved in manual handling as part of their job role.
Prerequisites	No prior knowledge needed
Certificated	Yes - CIEH Completion Certificate
Compatibility	<b>Laptop/Desktop PC</b> Internet Explorer 11 Microsoft Edge Google Chrome Mozilla Firefox <b>Apple iMacs/Macbooks</b> Safari Google Chrome Mozilla Firefox <b>iPads</b> Safari Google Chrome for Tablets <b>Android/Windows based tablets</b> Internet Explorer 11 Google Chrome for Tablets Mozilla Firefox Microsoft Edge

NOTE: Enabling JavaScript and a stable broadband connection are required.

## ABOUT THE COURSE

Manual handling causes over a third of all workplace injuries. These include work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.

The term manual handling covers a wide variety of activities including lifting, lowering, pushing, pulling and carrying. If any of these tasks are not carried out appropriately there is a risk of injury.

This course looks at the risks associated with manual handling, how to undergo a risk assessment and how to ensure suitable and sufficient control measures are put in place.

## AREAS COVERED

The modules of this short course include:

- Overview of manual handling
- The definition of manual handling
- Manual handling hazards
- Risk assessments
- Controls and reducing the risk of harm
- Safe lifting techniques
- Legislation and guidance.

## ASSESSMENT AND CERTIFICATION

Candidates will be assessed by a series of multiple-choice questions upon the completion of each of the modules. Subject to satisfactory completion, candidates are given access to an electronic CIEH quality endorsed certificate of completion (in PDF format), which they are able to print.

## WHAT NEXT?

If you'd like to purchase this eLearning course, call us on:

**01452 502113**

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