



# B-Skill Health & Safety Courses

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## CIEH Principles of Manual Handling

### Designed for

Any member of staff required to lift stock/materials in the workplace. This programme enables employees to contribute to the development of safer manual handling methods and tasks

### Benefits

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.



### Course Content

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
- Responsibilities imposed by the Manual Handling Operations Regulations

### Course Information

Duration: Half Day

Assessment: Multiple choice 20 questions

Prerequisite: None

### Booking Information:

Telephone Safety Course Bookings on: 0845 2303736

Email: [safety.training@b-skill.co.uk](mailto:safety.training@b-skill.co.uk)