



# ouch Manual Handling Training

## CIEH Level 2 Award in Manual Handling – Principles and Practice

This new CIEH qualification provides essential information about manual handling hazards and their control. To give you maximum flexibility this qualification gives you two possible outcomes. Part 1 can be delivered as a half-day programme for learners who only wish to gain the CIEH Level 2 Award in Principles of Manual Handling. Those who need to learn about practical manual handling techniques can stay on for a further half day training session and assessment to gain the full CIEH Level 2 Award in Manual Handling: Principles and Practice.

The CIEH has developed this qualification to benefit anyone who has to carry out any manual handling activities at work by introducing them to the hazards of manual handling, the risks involved and the controls that are available to help prevent injury. The course in addition will teach learners techniques to lift, carry, push and pull objects safely within their individual capabilities with the aim of reducing the number of work-related injuries associated with manual handling.

### Who is it for?

Any staff carrying out manual handling activities at work.

### Topics Covered

- Manual handling hazards, risks and controls
- How manual handling operations can cause injury and harm
- The scope of legal requirements and where guidance can be found
- The process for assessing manual handling risks
- The value of risk assessment and how it applies to safe manual handling practice
- Manual handling techniques – lifting loads from low levels/working at low levels/lowering from height/pushing loads/pulling loads/carrying/team handling

### Assessment

At the end of the course delegates will undertake a multiple-choice examination paper (30 questions) and a practical assessment. Successful candidates will receive a nationally recognised qualification. Ofqual Accreditation number: 500/5516/1

**Duration:** 1 day. This course can be run in-house for up to 12 delegates.

*Awarding body: Chartered Institute of Environmental Health, Chadwick Court, Hatfields, London, SE1 8DJ  
Tel: 0207 928 6006*

For a safe alternative call: **0800 389 1314**

Website: **[www.ouchtt.co.uk](http://www.ouchtt.co.uk)**