

# Manual Handling

*Manual Handling Operations Regulations 1999*



## **Introduction**

Since the introduction of the Manual Handling Operations Regulations in 1992, employers have been required to carry out Manual Handling risk assessments and to train the workforce in techniques appropriate to their normal day-to-day activities. Successful completion will prepare students to look carefully at their own work activities and contribute to the development of safer handling activities in cooperation with their managers and supervisors.

## **Topic areas covered:**

- The process of manual handling in the workplace;
- Manual handling injuries and the activities that cause them;
- Manual handling assessment and control options;
- Responsibilities imposed by the Manual Handling Operations Regulations.

## **Intended for:**

This course is aimed at those who carry out manual handling activities at work. It introduces students to the hazards of manual handling, the risks involved, the controls available and what to expect from a manual handling assessment.

## **Outcomes:**

By the end of the programme the student 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.

**Prior Knowledge:** No prior knowledge or training is required.

**Course Duration:** 3 4  
hours (depending on requirements)

**Numbers:** Minimum 4, Maximum 16

For a full outline of the Course [contact us](#).

If required The Chartered Institute of Environmental Health Qualification '**Level 2 Principles of Manual Handling**' is available.

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