

Legal Notice

The information and instruction in this course is designed to make delegates aware of the risks involved in manual handling operations, and offer some solutions to reduce those risks arising from such manual handling operations.

In designing this course, the authors have assumed that the individuals who will undertake the physical exercises, handling techniques, and other pursuits within this course are fit to do so. The information and advice given throughout this course is the best available at the point of publication. However, all manual handling operations carry an element of risk. Therefore, Ashtree Management Services Ltd can carry no responsibility whatsoever for injuries or mishaps howsoever caused either resulting from the course, or arising from decisions made following the course.



Lifting Zones

Course Duration & Costs

Manual Handling of Loads

Duration: 2/3 hours

Maximum: 12 delegates

Learning Outcomes

- How manual handling injuries can be prevented
- Safe lifting techniques & use of mechanical aids
- Importance of correct body posture
- How to assess the risk
- Legal responsibilities

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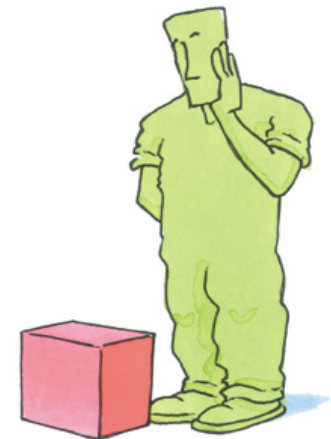
Registered Office: 13 Ruskin Close
Stowmarket
Suffolk
IP14 1TY

Freephone: 0800 9700 132
Fax: 08715 227747
Email: sales@ashtree.co.uk



CIEH - Manual Handling of Loads

Ashtree Management Services Ltd



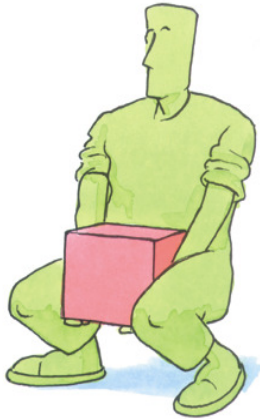
Effective & Enjoyable Training

0800 9700 132

CIEH - Manual Handling of Loads

Aims & Objectives

This 2/3 hour course is designed for all employees to increase their awareness of the legal implications, the responsibilities of risk assessments and possibility of injuries, involved in the Manual Handling of loads.



Certification

Delegates on this course will receive an attendance certificate to show that they have received training under the Manual Handling Operations Regulations 1992.

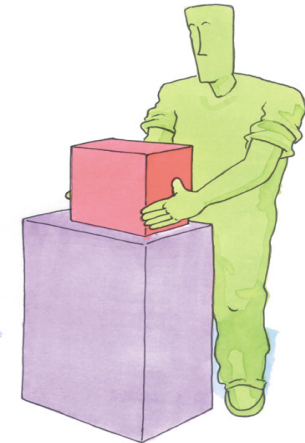
For certification by the Chartered Institute of Environmental Health delegates will be required to undertake a short multi-choice examination.

Course Content

- The Manual Handling Operations Regulations 1992
- Employer/Employee legal responsibilities
- The structure of the back
- Causes of Back/Shoulder Injuries
- Correct Body Positions
- Safe Lifting Technique
- Introduction to Risk Assessment



All delegates will be able to see demonstrations of and practice the safe lifting techniques and to introduce them to risk assessments on Manual Handling operations they conduct as part of their work duties.



These courses are conducted at your premises to enable your delegates to practice their lifting techniques in the actual surroundings and with the equipment they use everyday.

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