



WATA Knows... and you can too!

Health and Safety Courses

CIEH Principles of Manual Handling – Half Day

The WATA route to success

This course is designed for delegates who are involved in manual handling operations including lifting, lowering, pulling, pushing, carrying and supporting. After this basic training, further job specific training may follow, using typical loads and in working conditions, if required. This Level 2 qualification complements the CIEH Level 2 Award in Health and Safety in the Workplace. An assessment will be required to be completed at the end of the course.

CIEH now require all delegates to provide photo ID (eg. passport, driving licence, work pass) in order to sit the exam. Delegates who do not produce photo ID will not be allowed to sit the exam.

What does the course cover?

- Accident statistics
- Overview of Manual Handling Regulations
- Hazard identification
- Kinetic methods and Manual Handling
- The dangers of careless and unskilled handling methods
- The functions of the spine and the muscular system
- The effects of lifting, lowering, pushing, pulling and carrying the load, with emphasis on harmful postures and movement
- The use of mechanical handling aids
- Factors affecting manual handling/load/individual person/environment/task
- Video presentation

Who is the course suitable for?

Every person who has to lift, carry, pull and push at work. Please wear sensible clothing and we suggest you have flat shoes with a non-slip sole as you will be completing practicals during the course.

Course Dates

2011: 2 Sep; 4 Nov

2012: 3 Feb; 25 May; 14 Sep; 30 Nov

Course Fees: £130 + VAT per delegate

Including CIEH fees, refreshments and course handouts

In-company courses by arrangement.

Duration:

Half day (9:15 am to 12:30 pm approximately - please arrive 15 minutes before the course is due to commence)

We provide training in a relaxed atmosphere at our training centre, which is located in Huntingdon, Cambridgeshire