

# **EGWYDDORION CODI A CHARIO**

## **MANUAL HANDLING**

### ***What does Manual Handling involve?***

The half day course is a CIEH Accredited course presented by Food Centre Wales.

### ***Who should attend?***

This course is appropriate for all employees who handle packages, mail, boxes, and various materials which would include both industrial and office workers.

### ***The course covers***

a breakdown of manual handling in the workplace  
manual handling injuries and various activities which cause them  
manual handling assessment and control options  
responsibilities imposed by the manual handling operations regulations

### ***Outcomes***

On completing this qualification candidates will be able to:

identify the hazards of manual handling  
identify the risks involved and controls available  
identify what to expect from a manual handling assessment

### ***COURSE INFORMATION***

Duration: Half day programme

Assessment: Multiple-choice examination

Prerequisite: None