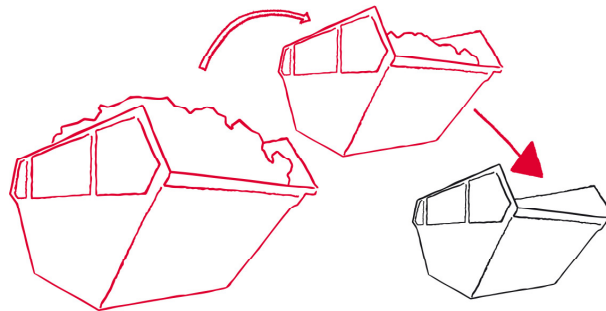


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# CIEH Principals of Manual Handling



The CIEH Award in Manual Handling combines both the theoretical and hands-on elements of the subject and teaches learners techniques to lift, carry, push and pull objects safely within their individual capabilities.

**Date:**  
**Wednesday 14<sup>th</sup> March 2012**

**Time:**  
**13.00 until 17.00**

**Venue:**  
**Brockhole, Lake District Visitors  
Centre, Windermere, LA23 1LJ**

**How to book:**  
**Visit our web-site**  
**<http://www.cumbriaben.co.uk>**

This course will give you the skills to:

- Identify and understand the risks associated with manual handling
- Learn the value of risk assessment and how to apply it
- Make recommendations to manage risks
- Apply the principles of safer handling to a range of everyday manual handling tasks



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