



# SAFETY & TRAINING SERVICES

## *Certificate of Attendance*

*This is to certify that*

**CARL WHEELER**

*Has successfully attended a training course on:*

## *Manual Handling & Lifting*

*And has demonstrated an understanding of the subject*

*The topics covered included:*

*What is back pain?/What causes back pain?/What are the symptoms?*

*Manual Handling Regulations 1992*

*Hierarchy of Manual Handling Regulations*

*Types & Use of Mechanical Aids*

*Kinetic Methods of Lifting & Handling*

*Manual Handling Assessment (LITE)*

*On 16<sup>th</sup> January, 2017*

*Signed:*

*On behalf of Safety & Training Services*

*CMIOSH, RSP.*

*Expiry Date: 16.1.2020*

*Certificate No: 2017/11*

**QSPHCR**  
Registered Consultant

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