



# Health and safety basics: Healthy work - Lifting and carrying heavy objects

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 Seminar

 Always available

 Certificate of Attendance

 E-learning

 1 Lessons

 Available online

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Seminar Number: PH-C01-GDS\_lica\_v01\_u01\_en

Status: 24.05.2025. All current information can be found at [https://academy-ph.tuv.com/s/PH-C01-GDS\\_lica\\_v01\\_u01\\_en](https://academy-ph.tuv.com/s/PH-C01-GDS_lica_v01_u01_en)

Lifting and carrying heavy objects is a physically very stressful activity, but unfortunately it cannot be completely avoided in the working world. Even though you can't control the weight of the load you need to move, you can avoid postures that put unnecessary stress on your spine. This training unit gives you tried-and-tested tips on lifting and carrying in a way that is easy on your health.

## Benefits

Effects on the human body

Correct lifting and carrying

Using tools for lifting and carrying

## Target group

Employees in all occupational groups who receive regular instruction on health and safety in the workplace

## Requirements

None

# Training outline

Effects on the human body  
Correct lifting and carrying  
Using tools for lifting and carrying

## Other information

For more information and inquiries, please contact [academy@ph.tuv.com](mailto:academy@ph.tuv.com). This course will be valid for 3 days after first access.

## Event overview and booking

Book your desired date now directly online at [https://academy-ph.tuv.com/s/PH-C01-GDS\\_lica\\_v01\\_u01\\_en](https://academy-ph.tuv.com/s/PH-C01-GDS_lica_v01_u01_en) and benefit from these advantages:

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- Personal customer account
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## Health and safety basics: Healthy work - Lifting and carrying heavy objects

Seminar Number: PH-C01-GDS\_lica\_v01\_u01\_en

Please choose an appointment you would like to book:

**01/01/2024 - 12/31/2099**, | Event number: PH-C01-GDS\_lica\_v01\_u01\_en  
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**E-mail:**  
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## Participant information

I will participate in the seminar myself (contact details as indicated above)

The following person is to participate in the seminar:

Complete only if you are not attending yourself, but another person is.

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Date of birth (optional):

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For consumers, the cancellation policy applies, which you can find under the attached terms and conditions.

I hereby accept the following general terms and conditions of the organizer (<https://academy-ph.tuv.com/terms>).

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Please send us **all pages** of the form by fax or email to order the above seminar.

**E-mail:**

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