

2020 COURSE INFORMATION FOR MANUAL HANDLING

**Duration:**

4 Hour

Max Students:

15

Designed for:

Lifting, pulling and/or pushing are common causes of low back injury that is often preventable. Our manual handling training course is designed to provide participants with a basic understanding of the relevant legislation, as well as the National Manual Handling Code of Practice.

Pre-requisites:

Nil

Co-requisites:

Nil

Pre-entry Requirements:

Unique Student Identifier (USI) - www.usi.gov.au

Fitness to participate

Description:

Participants will learn the skills and knowledge required to shift loads using manual handling methods, including assessing the risks associated with relocating the load, planning the relocation process and carrying out the relocation in accordance with the plan.

Content:

Specific skills are required to achieve the performance criteria in this course these are as follows:

- Manual Handling legislative overview
- The Body & Biomechanics
- The Manual Handling Code of Practice
- General Risk Management Principles
- Correct lifting and carrying principles
- Risks to self are identified arising from the required lifting, load carrying, set down or movement of the goods
- Manual handling procedures for lifting, lowering and carrying, pushing and pulling are identified

Unit of Competency

HLTWHS005 Conduct manual tasks safely

Assessment:

Students learning outcomes will be assessed using practical activities designed to simulate a workplace and written or oral questions as appropriate.

Delivery Method:

Classroom theory via PowerPoint presentations, including audio-visual material and practical activities that simulate a workplace.

2020 COURSE INFORMATION FOR MANUAL HANDLING



Date	Course	Start time	Finish time	Location
Wed 14	Manual Handling	1:00PM	5:00PM	Derrimut
Wed 14	Manual Handling	1:00PM	5:00PM	Wingfield
Thu 22	Manual Handling	8:30AM	12:30PM	Quest Berrimah

December 2020

Date	Course	Start time	Finish time	Location
Fri 04	Manual Handling	8:30AM	12:30PM	Quest Berrimah