

Manual Handling Training

(Non-Accredited)

This course is designed to provide participants with the basic knowledge and skills to comply with the provisions of the laws regarding Manual Handling, and to familiarise participants with the Manual Handling Code of Practice.



The course will raise personal awareness of how the back functions and how to identify assess and control manually handling risks which may be present in the workplace. It focuses on the causes of manual handling related injuries, the management and prevention of these injuries and the development of manual handling skills.

Participants will learn safe lifting principles and how to use the risk management models in regards to manual handling tasks. The course provides practical opportunities to develop and consolidate new and existing skills.

Content

Course includes a short video presentation with group discussion. PowerPoint presentation and participation in a workplace inspection.

Topics include:

- Role of employee
- Role of supervisors and managers
- The back structure
- Reasons for back pain
- Workplace hazards
- Mechanical aids
- Risk analysis
- Risk control
- Risk analysis check list

Course Fee Inclusions:

- All training resources
- Fee includes all administrative costs

This training is provided to employee groups only, preferably on-site at your premises. Course cost is \$750 for up to 10 participants. Additional participants are charged at \$70 per person.

Contact our training team training@nswFirstAid.com.au or call 1300 766 120 for more info.

Delivered under the auspices of eFirstAid RTO #91232