



Manual Handling

SHORT COURSE



A smarter future

Our goal is to help organisations and individuals improve their performance and be the best that they can be. We do this by delivering world class training solutions at your workplace that build and develop skills and confidence.

Course Overview

Manual Handling covers a wide range of workplace activities that are undertaken every day across all industries. Repetitive tasks such as packing, lifting, pushing, pulling, typing, sorting, cleaning, using power tools and operating machinery and equipment are all potential causes of Musculoskeletal disorders caused by manual handling.

All jobs involve some form of manual handling. As a result most workers are at risk of some form of manual handling injury. Of course not all manual handling tasks are hazardous. But it is significant that more than around a quarter of workplace injuries and claims are caused by manual handling.

Who should attend?

Manual handling is an activity that all workers perform every day in their work. This course is designed to cover all aspects of manual handling in the workplace.

Supervisors – Warehouse workers – Transport operators – Yard staff – Forklift drivers - Loaders

Course Objectives

Improved understanding of:

- > load planning
- > planning the lift
- > safe lifting techniques
- > musculoskeletal disorders
- > risk assessment and hazard identification
- > manual handling aids and equipment
- > observations

Duration

Four hours

Benefits

- > Improvement of manual handling techniques used in the workplace
- > Reduction in lost time injuries
- > Enhanced productivity
- > Duty of care compliance