



Manual Handling Course



Why we developed this program?

The aim of this training is to ensure that managers, supervisors and employees have the competence to enable them to meet the obligations defined under the National Standard for Manual Handling, 1990. It also introduces the National Code of Practice for Hazardous Manual Handling Tasks, 2011 which provides “how to” information to assist in meeting the obligations.

Who should attend?

This course is ideal for health and safety representatives, health and safety committee members, line managers, supervisors, operations management, small to medium business owners and HR practitioners. Specifically managers and supervisors should attend so that at the end of the course they have the same understanding as employees, in addition to knowledge of their specific management duties.

What will be covered?

Participants will be given opportunities to learn:

- About manual handling as an important occupational health and safety issue
- About the risk factors of manual handling operations that can lead to injury
- And understand the benefits of an ergonomic approach to the prevention of work injuries
- And understand the principles of safe lifting and carrying and apply them to specific manual handling operations in the workplace
- And be able to summarise the practical issues of manual handling.

Course managers will be given opportunities to learn:

- And be aware of manual handling as an important occupational health and safety issue
- The requirements of the National Standard for Manual Handling, 1990 and National Code of Practice for Manual Handling, 1990
- And understand the basics of manual handling assessment
- And understand the means of controlling risks from manual handling
- To be able to review the key points of managing manual handling risks
- To be aware of the importance of eliminating manual handling risks where possible.

This module is not intended to train managers in manual handling assessment techniques. It covers the basics of assessment and further practical training will be necessary for those who need to become proficient in assessment techniques.

**Comprehensive participant notes and up to date supplementary information will be provided.
This course can also be delivered onsite at your premises. For more information call Work
Safety Hub on 1300 610 059 or register online.**