



MANUAL HANDLING

Aims and Outcomes

The aim of this training is to provide candidates with the necessary knowledge and skills to perform safe manual handling in the workplace and take appropriate action to avoid musculoskeletal injuries.

Sprains and strains are the most common cause of injury in the workplace and this course will help reduce injury rates and increase productivity through proper design, substitution, systems of work and lifting techniques.



Prerequisite

There are no prerequisites.

Course Content

The Manual Handling training plan is based on competencies within the Australian Qualification Framework (AQF), and include:

- OHS Legislation, codes of practice, Company manual handling procedures.
- Common musculoskeletal disorders, anatomy, causes of injury, related physics, vibrations
- Manual Handling risk management - hazard identification, risk analysis and risk control using hierarchy of control
- Estimating weight and determining candidate lifting abilities
- Correct lifting techniques, pre and post stretching, planning the lift, dual lifts
- Body Mechanics – recognise muscle compensation in bad manual handling; correctly stabilize to twist; and working posture and positioning.
- Use of tools and equipment
- Case study overview

Certification

On successful completion of the training, candidates will be awarded a Futuro Skills Certificate in Manual Handling.

Duration

1 day

Maximum Candidates

12 persons