



# Manual Handling

## OBJECTIVE

One in three injuries to Australian employees can be attributed to poor manual handling, with inexperienced staff at greatest risk.

Any person can be injured when handling objects, animals or equipment in a variety of ways, including pulling, pushing, holding or restraining an object.

## WHO SHOULD DO THIS COURSE

Anyone who may need to lift, move, push, pull, carry, hold or restrain objects in their workplace, home or vehicle.

## COURSE CONTENT

Upon completion of the training participants will have an understanding of:

- Learning Outcomes
- Define manual handling is
- Examine the risks and consequences of poor manual handling
- Discuss legal requirements and responsibilities
- Assess manual handling tasks and manage risk
- Use mechanical aids to reduce risk
- Apply proper lifting technique
- Put what you've learned into practice

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<b>Pre-requisites</b>	Nil
<b>Duration</b>	3 Hours
<b>Qualification</b>	Upon successful completion participants will be issued with a Statement of Completion: <i>Manual Handling in the Workplace</i> .
<b>When to Arrive</b>	It will be helpful if you can arrive at least 10 minutes before the scheduled start time.
<b>What to Wear</b>	All course participants are required to wear appropriate work attire.
<b>Morning Tea and Lunch</b>	Feel free to grab a tea or coffee before the course starts and at any time during the course. Participants will be offered morning tea. There is a range of lunch bars within walking distance.

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**For Bookings and further information please contact us on  
08 9791 1961, or via e-mail: [frontline@westnet.com.au](mailto:frontline@westnet.com.au)**

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