

Safe Manual Handling

COURSE DURATION:	1.5 hours
COURSE LOCATION:	John Henry Institute – Suites 5&6, 68 Clarence St, Port Macquarie
COURSE COST:	\$55.00 per person

COURSE OVERVIEW:

Poor manual handling practice is one of the most common causes of injury in the workplace.

JHI's Safe Manual Handling course is designed to train participants in how to carry out their work safely to remove the risk of injuries. The course teaches participants how to lift and move materials manually and/or use basic manual handling equipment in a safe manner. The training takes participants through both the theory of why we need to follow safe manual handling techniques and the application of demonstrating and practising safe lifting techniques.

COURSE CONTENT:

- Identifying what manual handling is and its characteristics
- Identify manual handling hazards
- How to identify the safest method of movement to reduce the risk of injuries
- Apply different lifting and transfer techniques to manage manual handling tasks
- What happens when safe manual handling techniques are not applied

UNITS OF COMPETENCY:

Successful participants will receive a Certificate of Completion in:
Safe Manual Handling

MODE OF DELIVERY:

This training course is delivered face-to-face.

EMPLOYER RESPONSIBILITIES:

As an employer, you have a general duty to make your workplace safe, as well as specific duties in relation to hazards such as hazardous manual handling. You must identify all hazardous manual handling in the workplace. If the work poses a risk of musculoskeletal disorder, you must eliminate the risk. If risk remains you must control that risk by providing information, relevant training or instruction to your worker/s.

COURSE LOCATION:

This course may be conducted in JHI's training facilities in the Port Macquarie CBD, or on-site at your premises upon request (for groups of 10 or more).

BOOKINGS:

Please email the team at John Henry Institute – info@jhi.edu.au to enrol in our next course, or to discuss your specific organisational requirements.