A course from our:

- Safe Practices range of programs

FOLLOW SAFE MANUAL HANDLING PRACTICES

Standards: National Standards NOHSC 1001(1990)
National Code of Practice 2005
WorkCover Authority NSW OH&S
Manual Handling Regulations 1998

Award: Statement of Attainment

Accreditation: Follow Safe Manual Handling Practices (HLTSE4A)

Target Group: All employer / employees involved in lifting, moving, turning, repetitive movements, prolonged or limited activities

Pre-requisite: Nil

Course Duration: 6-8 hours (Specific to each work site) - plus assignment
2-4 hours Awareness

Assessment: Skills based activities, documentation and multi choice / short answer questions

Course Content: Outcomes of poor manual handling (Short and long term personal effects)
Outcomes of safe manual handling
Regulations, codes of practice, organisational policy
Organisational procedures and risk identification
Manual handling risk assessment
Manual handling risk solving
Safe moving and handling
PPE and mechanical devices
Reporting

Course Equipment: Regulations, codes of practice, organisational policy
Manual handling risk assessment proformas
OHT's, Videos
Organisation specific lifting/moving equipment

Style of course: Designed and conducted to suit your workplace/personal needs.
A "Hands On" training approach based on good skills and relevant, non-threatening information conducted by experienced, qualified and motivating educators. The course is both educational and fun to do.

NATIONALLY RECOGNISED TRAINING

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