

MANUAL HANDLING COURSE



- ▶ **Nominal duration 4 hours**
- ▶ **Maximum number of attendees per course is limited to 15**
- ▶ **Venue**
On site at client premises or at a CTC venue

▶ **Target Group**

The aim of the course is to provide attendees with the basic knowledge and skills to be able to participate in the identification of hazards, risk assessment and control of manual handling hazards.

COURSE CONTENT

1. Legislation
2. Manual handling
3. Risk management of manual handling tasks

LEARNING OUTCOMES

Learning outcome 1

Describe the legislative requirements relating to manual handling.

Learning outcome 2

Describe what happens to the body during manual handling activity.

Learning outcome 3

Identify and assess manual handling tasks in the workplace.

Learning outcome 4

Demonstrate hazard identification and risk assessment of manual handling tasks.

Learning outcome 5

Identify appropriate control measures for manual handling risks.

Learning outcome 6

Communicate and consult effectively with regard to implementation of manual handling legislation.

Assessment strategy

Attendees will be required to participate in discussions & activities, complete oral & written questioning and conduct practical demonstrations.



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Combined Training & Consulting Pty Ltd.

(RTO National Provider No. 7053)
PO Box 1425, Mona Vale NSW 1660
Phone: (02) 9979 7888 Fax: (02) 9979 9363
E: info@ctcsafety.com.au W: www.ctcsafety.com.au