



MANUAL HANDLING

Manual handling, also known as 'manual tasks', is any activity requiring effort to lift, move, push, pull, carry or hold any object, including a person. This one day session is designed to provide participants with knowledge and skills to safely identify, plan and perform manual handling tasks to assist in maintaining an injury-free workplace.

 On-site

 6-20 people

 Half Day

 \$95

TOPICS TO BE COVERED:

- What is Manual Handling?
- The Risks & Consequences of Manual Handling
- Legal Requirements & Responsibilities
- Assessing Manual Handling Tasks & Minimising Risk
- Demonstrate an Understanding of the Risks associated with Manual Handling tasks.
- Demonstrate an Understanding of how to Eliminate or Minimise Manual Handling Risks
- Apply correct Manual Handling Technique & Practical Activity

CALL US TODAY
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GET IN TOUCH

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