



SKILLHIRE



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 neutral spine position
- 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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