

Course Aim

This unit describes the skills and knowledge required to recognise potentially hazardous manual tasks, and then prepare for and complete those tasks in a safe manner.

This unit applies to all workers involved in manual handling tasks.

Lifting, pulling and/or pushing are common causes of low back injury that is often preventable. Our manual handling training course is designed to provide participants with a basic understanding of the relevant legislation, as well as the National manual Handling Code of Practice Pre-requisites.

USI Number

Fitness to participate

Course Content

HLTWHS005 Conduct Manual Tasks

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- key information from work health and safety (WHS) regulations relating to manual tasks and national code of practice
- role and responsibilities of the employer and employees in relation to manual handling safety
- ways in which individual workers are involved in consultation about workplace health and safety
- reporting mechanisms required for workplace injury and compensation claims
- key aspects of the risk management approach to manual tasks
- risk factors and potential sources of risks of hazardous manual tasks: Repetition, forces, Postures, Vibration & Systems of Work

- types of manual task activity and the types of injuries that can result
- the relationship between the human body and risk of injury from performing manual tasks

Functions of the human body:

- basic function of the spine
- body postures
- types of muscles
- principles of levers

Manual handling techniques that support safe work practice:

- preparing the load/client
- preparing the environment
- using the stronger muscles in the legs where possible, rather than spinal muscles
- maintaining a neutral spine when lifting and carrying
- using two hands to lift or carry
- keeping the load close to the body/centre of gravity
- avoiding lifting objects above shoulder height
- minimising repetitive movements
- positions not held for long periods of time
- avoiding twisting by repositioning feet whilst turning

Certification

Successful candidates will be awarded the Nationally Recognised unit of competency, HLTWHS005 recognised within the Australian Qualifications Framework (AQF).

Duration: 4 Hours.

Maximum Participants: 12persons

Cost: \$230.00 per person. GST exempt

Please asks us about other course options, listed below.

MSMWHS217 GAS TEST ATHMOSPHERES

MSMWHS201 CONDUCT HAZARD ANALYSIS

MSMPER200 WORK IN ACCORDANCE WITH A WORK PERMIT

MSMPER300 ISSUE WORK PERMITS

Reassessment

Students who do not successfully complete the course assessment or who are deemed not ready for assessment during the regular course timeframe will require an additional assessment. Additional costs will apply to any additional assessments.

Cancellations

A cancellation fee will not be charged for courses cancelled or rescheduled no less than 5 working days prior to the course start date. For courses cancelled less than 5 days prior to the start date a cancellation fee of 30% of the course cost will be charged. For courses cancelled less than 1 day prior to the start date a cancellation fee of 50% of the course cost will be charged. Full course fees will be charged for “no shows” and participants who start a course but do not complete it.