



Manual Handling in the Workplace

Overview

One in three injuries to Australian employees can be attributed to poor manual handling, with inexperienced staff at greatest risk.

Manual handling injuries don't just happen to those lifting or carrying heavy loads. Any person can be injured when handling objects, animals or equipment in a variety of ways, including pulling, pushing, holding or restraining an object.

This online course teaches participants how to safely identify, plan and perform manual handling tasks to maintain an injury-free workplace.

Intended for

Anyone who may need to lift, move, push, pull, carry, hold or restrain objects in their workplace, home or vehicle.

Learning Outcomes

- Define manual handling is
- Examine the risks and consequences of poor manual handling
- Discuss legal requirements and responsibilities
- Assess manual handling tasks and manage risk
- Use mechanical aids to reduce risk
- Apply proper lifting technique
- Put what you've learned into practice

Certification

A Certificate of Participation will be issued at the end of the course.



Duration: 1 hour

Fee: Free

Location: Anywhere using a standard computer and Internet

Technical Requirements: *Browser:* Internet Explorer 6+, Firefox 1.5+ or, Mozilla 1.0+. *Internet Connection:* Standard broadband connection highly recommended.

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