



MANUAL HANDLING TRAINING

Manual handling related work tasks are linked to the clear majority of work related injuries and have traditionally accounted for the majority of WorkCover claims processed in Victoria. Any work based task that requires the exertion of physical effort and repetitive movement by a worker must be subject to a risk assessment process aimed at identifying the most appropriate and safest system of work.

This program has been devised to simplify the often complex legal requirements into a short program aimed at equipping participants to better understand these legislative obligations while also identifying the safest work methods for use within their workplace.

Learning outcomes:

On completion of this program participants will be able to:

- Understand the legal obligations imposed on defined workplace parties towards ensuring the health and safety of workers when engaging in manual handling tasks.
- Apply the risk management process to hazardous manual handling tasks while engaging in effective workplace consultation.
- Use the hazard identification and risk control templates to document reviewed manual handling tasks.

Duration: 4 hours

Aims: To provide participants with the information, knowledge and skills required to implement safe systems of work.

Target Audience Supervisor's, Health & Safety Representatives and Workers.

Mode of Delivery: Formal Presentations, Case Studies, Problem Solving, Small Group Discussions, Practical Demonstrations and Handouts.

Content:

- Overview of OHS legislation
- Human Physiology
- Introduction to ergonomics
- Risk Management
- Identifying hazardous manual handling
- Controlling hazardous manual handling risks
- Interpreting statistical data
- Maintaining documentation
- Effective workplace consultation

Delivered by: Qualified instructors with high level occupational health & safety and regulatory experience.

Prerequisites: None