



MANUAL HANDLING IN THE WORKPLACE

Face To Face Manual Handling Courses

Corporate.Work.**Health.**
Australia.

Face To Face Manual Handling Courses

Manual handling training for the office worker or those who perform occasional manual handling tasks >

Learning Outcomes:

- Define manual handling and common workplace manual handling tasks completed within the workplace
- Review research findings surrounding manual handling training, including what training should include
- Review common manual handling technique strategies
- Discuss workers duties, including participation and consultation with regards to manual handling
- Define manual tasks risk factors – what is a hazardous manual task?
- Educate workers on simple risk assessment strategies including the hierarchy of control
- Complete practical training on key manual handling tasks within the workplace, and use of any mechanical assistance if required
- Answer any further questions related to manual tasks in the workplace

Course Details / Inclusions:

- 1.5 hour training session
- Up to 20 team members per session
- 45-60min theory/classroom training + 30-45min practical training
- Training sessions are delivered by registered health professionals
- Includes pre-training virtual meeting, customization of course creation/content, and delivery of training
- Records and documentation. We will provide you with a PDF of the training materials delivered, certificate of attendance and feedback forms collected from participants

Course Location:

Our CWAHA trainers will attend your workplace and conduct training onsite at your company so that attendees can be trained in their work environment and training can be tailored to specifically suit your company.

Investment:

Starting at \$700 + GST for course design and training session | Follow up training sessions \$480 + GST. Please call 1300 951 519 or email admin@corporateworkhealth.com for a quote.

Looking for something different?

This course can have content or training time adjusted to suit your needs. Just let us know what you are looking for!



Face To Face Manual Handling Courses

Manual handling training for those who perform frequent or heavy manual handling tasks >

Learning Outcomes:

- Define manual handling and common workplace manual handling tasks completed within the workplace
- Review research findings surrounding manual handling training, including what training should include
- Review common manual handling technique strategies
- Educate workers on the semi-squat and leg lift techniques
- Educate workers on twisting and turning, pushing and pulling and team lifting
- Discuss workers duties, including participation and consultation with regards to manual handling
- Define manual tasks risk factors
- Educate workers on simple risk assessment strategies including the hierarchy of control
- Workshop common / high risk manual handling tasks and undertake apply risk factors and possible control measures basic
- Step by step practice of key high risk tasks with consultation on any risk reduction improvements discussed
- Use of trolleys, cranes or lifters if appropriate
- Answer any further questions related to manual tasks in the workplace

Course Details / Inclusions:

- 2.5-3 hour training session/s
- Up to 20 team members per session
- 75-90min theory/classroom training + 60-75min practical training
- Training sessions are delivered by registered health professionals
- Suited to those workers who perform frequent/heavy manual handling tasks within their job role i.e. warehouse, logistics, retail, construction, manufacturing
- Includes pre-training virtual meeting, customization of course creation/content, and delivery of training

Course Details / Inclusions:

Our customised manual handling training involves a 4 step process:

1. Phone consultation and site visit to visit of the current manual handling tasks performed. Consultation with key stakeholders to discuss current manual handling practices. Please note: CWHa will take photos and videos of manual tasks performed for learning and teaching purposes.
2. Manual handling training program design – CWHa will then create a customised manual handling package specific to your workplace tasks, hazards, risk assessment tools and control measures.
3. Manual handling training sessions 2.5- 3 hours onsite within your workplace.
4. Records and documentation. We will provide you with a PDF of the training materials delivered, certificate of attendance and feedback forms collected from participants.

Course Location:

Our CWHa trainers will attend your workplace and conduct training onsite at your company so that attendees can be trained in their work environment and training can be tailored to specifically suit your company.

Investment:

Starting at \$750 + GST per session & \$500 + GST site visit and design. Please call 1300 951 519 or email admin@corporateworkhealth.com for a quote.

Looking for something different?

This course can have content or training time adjusted to suit your needs. Just let us know what you are looking for!

Face To Face Manual Handling Courses

Combined manual handling & office workstation training for the office worker >

Learning Outcomes:

- Define manual handling and common workplace manual handling tasks completed within the workplace
- Review common manual handling technique strategies
- Discuss workers duties, including participation and consultation with regards to manual handling
- Educate workers on manual tasks risk factors and the hierarchy of control
- Complete practical training on key manual handling tasks within the workplace, and use of any mechanical assistance if required
- Educate workers on best practice workstation set up (chair, desk, computer accessories)
- Educate workers on seated postures and how to minimise musculoskeletal strains and sprains in the office workplace
- Answer any further questions related to manual tasks or ergonomics in the workplace

Course Details / Inclusions:

- 2 hour training session
- Up to 20 team members per session
- 60-75min theory/classroom training + 45-60min practical training
- Training sessions are delivered by registered health professionals
- Includes pre-training virtual meeting, customization of course creation/content, and delivery of training
- Records and documentation. We will provide you with a PDF of the training materials delivered, certificate of attendance and feedback forms collected from participants

Course Location:

Our CWAHA trainers will attend your workplace and conduct training onsite at your company so that attendees can be trained in their work environment and training can be tailored to specifically suit your company.

Investment:

Starting at \$800 + GST for course design and training session | Follow up training sessions \$600 + GST. Please call 1300 951 519 or email admin@corporateworkhealth.com for a quote.

Looking for something different?

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**Complete Injury Management for the Workplace:
Your Ergonomic & Manual Handling Specialist**

AUSTRALIA WIDE