



WHS Training Specialists

COURTENELL Pty Ltd
as Trustee for the Vowles Family Trust
ABN 42164393628
ACN 050109281

PO Box 622, Broadway NSW 2007
Suite D Level 1, 176 Parramatta Road
Camperdown NSW 2050

train@courtenell.com.au ~ www.courtenell.com.au
Fax 02 9516 3644 ~ Phone 02 9516 1499

BACKBASICS SAFE MANUAL HANDLING COURSE

Aims To deliver training relevant to the clients workplace that provides manual handlers with specific knowledge and techniques to help them minimise the risk of manual handling injuries and improve their effectiveness and morale.

Objectives

This training is aimed at providing information and training to workers to enable them to perform their manual tasks with minimum risk and also contribute to the requirement of the NSW WHS Act 2011 for “the provision of any information, training, instruction or supervision that is necessary to protect all persons from risks to their health and safety arising from work carried out as part of the conduct of the business or undertaking”

The training is designed to be specific to the tasks of workers so that they;

- understand the reason for doing the task with the least risk,
- can recognize the risks and know what is the best way to do that task
- can perform the task in that way
- have an ability to perform stretch exercises that reduce the risk of injury
- can outline the basic manual handling responsibilities that apply in a workplace

Content

1. The spine and nervous system
2. Why injuries or sprain/strain result from unsafe manual handling practices
3. Correct postures and manual handling techniques
4. Stretch exercises for flexibility, risk reduction and stress relief
5. Practice of safe techniques and principles in their work activities, conducted in the attendees' workplace using their own equipment.

Duration 2 hours

Location & Requirements

This course is ideally conducted in the actual workplace.
Seating is classroom-style and a whiteboard is required by the trainer.

Trainer Qualified Health professional such as a chiropractor, physiotherapist or Occupational Therapist experienced in bio-mechanics & manual handling problems.