



WHS Training Specialists

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RISK MANAGEMENT OF HAZARDOUS MANUAL TASKS COURSE

Aim

This training is designed to provide managers and supervisors with specific knowledge and techniques to help them make contributions to the requirements of the Person Conducting a Business or Undertaking (PCBU) as per Clause 60 of the NSW WHS Regulation, and 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” as per Section 19 of the NSW WHS Act.

Objectives

To provide information and training to managers and supervisors concerning risk management of hazardous manual tasks so that those tasks can subsequently be performed safely. The training is designed to be specific to manual tasks in their workplace so that they may:

- how the 5 risk factors of hazardous manual tasks can create injuries,
- understand the reason for doing the task with the least risk,
- recognize the risks and know what is the best way to do that task,
- have an ability to perform stretch exercises that reduce the risk of injury,
- outline the legal requirements concerning the management of hazardous manual tasks in a workplace,
- do a risk assessment on a manual handling task in their 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.
6. Conducted in the participants' workplace using their own equipment.
7. Section 60 of WHS Regulation 2017 “Hazardous Manual Tasks.”
8. Introduction to using Safe Work Australia's risk assessment worksheets from the Hazardous Manual Tasks Code of Practice* to identify, assess, and eliminate or control manual handling risks in their workplace.

Note: **bolded text** indicates which content of this course is additional to the 2 hour Manual Handling: Hazardous Manual Tasks program

The Trainer Qualified WHS Trainer who is experienced in bio-mechanics & manual handling issues.

Duration Training for 4 hours in the workplace for up to 20 employees.

Cost Price On application (**Note.** Travel costs may apply in some situations in addition to the course fee)

* The **Hazardous Manual Tasks Code of Practice** is an approved Code of Practice under the NSW WHS Act 2011 and contains information on how to comply with the requirements of the WHS and Regulations in regard to manual tasks.