



WHS Training Specialists
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HAZARDOUS MANUAL HANDLING TRAINING (VIC)

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 hazardous manual tasks injuries and improve their effectiveness and morale.

Objectives

To provide information and guidance to workers to help them to perform their manual tasks with minimum risk and also contribute to the requirement of the **VIC OHS Act 2004, Section 21-2(e)** for employers to: “provide such information, instruction, training or supervision to employees of the employer as is necessary to those persons to perform their work in a way that is safe and without risks to health,” and the guidance in **Compliance Code: Hazardous Manual Handling** published by WorkSafe Victoria.

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

- see how the 7 risk factors of hazardous manual handling 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 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 participants workplace using their own equipment.

Duration 2 hours

Location This course is ideally conducted in the actual workplace.

Requirements Seating is classroom style and a whiteboard is required by the trainer.

Trainer A qualified health professional such as a chiropractor, physiotherapist or occupational therapist experienced in bio-mechanics & manual handling issues.