



WHS Training Specialists  
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## MANUAL HANDLING: HAZARDOUS MANUAL TASKS TRAINING

**Aims** To provide information and guidance relevant to the client's workplace that provides manual handlers with specific knowledge and techniques to help them minimise the risk of injuries from manual tasks 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 requirements under Section 19(3)(f) 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 course is designed to be specific to the tasks of workers so that they may:

- see 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 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 techniques and principles in their work activities, conducted in the attendees' workplace using their own equipment if possible.

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.

### Health Professional

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