

# Manual Handling Course



## AIM

This course involves the skills and knowledge required to shift loads using manual handling methods, including assessing the risks associated with relocating the load, planning the relocation process and carrying out the relocation in accordance with the plan.

Work must be carried out in compliance with the relevant Work Health and Safety regulations concerning the manual handling and movement of loads. Work is performed under some supervision generally within a team environment. Work involves the application of the basic principles for the safe manual handling techniques and movement of loads when shifting materials using manual handling methods as part of day-to-day work.

## CONTENT

This training is a combination of theory and practical including:

- Correct manual handling techniques
- Estimating size to weight ratio
- Points of balance
- Planning the relocation process and carrying out the relocation in accordance with the plan
- Team manual handling techniques and working collaboratively with others when manually lifting and handling materials and goods
- Relevant WHS procedures and guidelines concerning the manual lifting and movement of loads
- Risks when manually lifting and handling materials
- Workplace procedures, policies and housekeeping standards for manual handling
- Apply precautions and required action to minimise, control or eliminate risks that may exist when manually lifting and handling materials and goods
- Work systematically with required attention to detail without injury to self or others, or damage to goods or equipment
- Personal Protective Equipment required for manual handling materials and goods

## Units of competency

TLID1001 Shift materials safely using manual handling methods

## Designed for

Stores persons, stock pickers, forklift operators and loaders, drivers and management

## Duration

Half Day

## Cost

For information on fees, please call 1300 554 077

1300 554 077

[www.transqual.com.au](http://www.transqual.com.au)