

Manual Handling

Training delivered with Physiotherapy and Human Movements professionals and workplace trainers!

- Duration:** 4 hours (approximately)
- Who for?** Skills everybody in the workplace needs. Any person whose occupation or hobby involves the movement of objects that have the potential to cause harm if moved incorrectly, or are beyond the persons abilities.
- Where?** Your site or ours, at Hemmant
- Course content:**
- Workplace Health and Safety
 - Practical demonstration of techniques
 - The human body (musculo-skeletal system)
 - Hazard Identification
 - Risk assessment and control
 - Weights and weight estimation
 - Injury Management
 - Practical and written assessment
- Outcomes:** Understanding of Legislative WH&S requirements for Safety of others and ones-self. Requirements for good Manual Handling techniques and Injury prevention. Statement of completion.
- Course costs:** \$1400 groups of up to 20 people, in the Brisbane / Gold Coast / Sunshine Coast - bookings essential

Reduce the instance and impact of workplace injury!

1300 556 387

www.onestopgroup.com.au