

# 2020 COURSE INFORMATION FOR MANUAL HANDLING

**Duration:**

4 Hour

**Max Students:**

15

**Designed for:**

Lifting, pulling and/or pushing are common causes of low back injury that is often preventable. Our manual handling training course is designed to provide participants with a basic understanding of the relevant legislation, as well as the National Manual Handling Code of Practice.

**Pre-requisites:**

Nil

**Co-requisites:**

Nil

**Pre-entry Requirements:**

Unique Student Identifier (USI)  
Fitness to Participate declaration  
Sufficient language, literacy and numeracy skills  
Enclosed footwear

**Description:**

Participants will learn 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.

**Content:**

Specific skills are required to achieve the performance criteria in this course these are as follows:

- Manual Handling legislative overview
- The body and biomechanics
- The Manual Handling Code of Practice
- General risk management principles
- Correct lifting and carrying principles
- Risks to self are identified arising from the required lifting, load carrying, set down or movement of the goods
- Manual handling procedures for lifting, lowering and carrying, pushing and pulling are identified

**Unit of Competency**

HLTWHS005 Conduct manual tasks safely

**Assessment:**

Students learning outcomes will be assessed using practical activities designed to simulate a workplace and written or oral questions as appropriate.

**Delivery Method:**

Classroom theory via PowerPoint presentations, including audio-visual material and practical activities that simulate a workplace.

NSCA provide scheduled dates for courses in their public course schedules; these courses are subject to sufficient numbers of students wishing to undertake the training. Should a course be under subscribed the course may be deferred until it is viable to conduct the training. In this instance NSCA will contact the student enrolled to inform them and re-schedule. Dates listed on this flyer are subject to change; please refer to our website [nsc.org.au](http://nsc.org.au) for the latest public course dates.

\*No GST is applicable to the cost of this course

Nationally Recognised Training will be conducted under the authority of Fire & Safety Australia Pty Ltd (RTO Provider No: 22250)

## Bookings and Enquiries

Visit us at [nsc.org.au](http://nsc.org.au), and at your convenience;

- Browse our entire range of public courses
- Check public course availability, locations and dates within each state
- Register online

Or to talk to us about your training requirements call 1800 655 510 or email [training@nsc.org.au](mailto:training@nsc.org.au)

Full terms and conditions will be provided at the time of booking.

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Date	Course	Start time	Finish time	Location
Tue 09	Manual Handling	12:00PM	4:00PM	Canning Vale
Fri 19	Manual Handling	1:00AM	4:00PM	Salisbury

## May 2021

Date	Course	Start time	Finish time	Location
Thu 20	Manual Handling	12:00PM	4:00PM	Canning Vale
Fri 28	Manual Handling	1:00PM	5:00PM	Mulgrave

## June 2021

Date	Course	Start time	Finish time	Location
Tue 15	Manual Handling	1:00PM	5:00PM	Derrimut

## November 2020

Date	Course	Start time	Finish time	Location
Mon 09	Manual Handling	9:00AM	1:00PM	Smithfield

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