

Manual Handling Operations



Manual handling, also known as manual tasks, is any activity requiring effort to lift, move, push, pull, carry or hold any object, including a person.

Poor manual handling practice is one of the most common causes of injury in the mining and construction industries. These injuries are frequently severe and cannot always be completely treated, leading to chronic problems.

Our Manual Handling course will teach you how to safely identify, plan and perform manual handling tasks to assist in maintaining an injury-free workplace.

This course is designed for any worker in the mining and construction industry who may need to lift, move, push, pull, carry, hold or restrain objects in their workplace.

The following topics will be covered during this **two hour, non-accredited** training course:

- ✚ What is manual handling?
- ✚ The risks and consequences of manual handling
- ✚ Legal requirements and responsibilities
- ✚ Assessing manual handling tasks and minimising risk
- ✚ Proper lifting technique

Certification

Upon completion of this course students will be presented with a Certificate of Attainment for Manual Handling.

When and where is the course run?

The Manual Handling Operations course is run upon request for a minimum of one student at AMI, located at 61 Quill Way, Henderson WA. Please contact reception if you would like to book a course.

What will you need?

- ✓ Lunch – there is a canteen within walking distance
- ✓ Enclosed footwear
- ✓ Passport photograph
- ✓ Writing materials (eg. pen, pencil) and paper

