

Manual Handling

This course aims to raise awareness of correct manual handling principles and its application to work activities to minimise risk of injuries.

Manual handling training should enable a behavioural change towards the approach to tasks. The more relevant the training is to the tasks, the more positive the outcome and commitment to change.

This training will provide a highly experienced Occupational Therapist with experience in Occupational Rehabilitation and who has extensive skills in manual handling and office ergonomics training. The Occupational Therapist is an active member of the Human Factors & Ergonomics Society of Australia.

Duration: 2 hours

Trainer: Sanjiv Parmar, Occupational Therapist

COURSE OUTCOMES

The training will address the following –

- Understanding safe work postures
- Understanding of correct manual handling principles and techniques
- Understanding of biomechanics
- Practical “hands-on” training of up to 4 specific work-related tasks
- Applying the manual handling principle to Daily Living and Work Activities
- Simulation will be the main focus of the training along with examining risk management strategies to minimise risk of injury.
- Trainees will be provided with individual certificates on completion.
- Information will be provided to each employee (depending on their occupation) on relevant stretching exercise program.

REGISTRATION

To register, please complete a **registration form** at <http://www.lgti.com.au> and **submit online**; or you can **fax** to Local Government Training Institute on **(02) 4966 0655**.

COURSE ENQUIRIES

Course enquiries may be directed to the Business Development Team on (02) 49 222 333.

Local Government Training Institute

4 Sandringham Ave Thornton NSW 2322
PO Box 3137, Thornton NSW 2322
Telephone: (02) 4922 2333 Facsimile: (02) 4966 0655
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COURSE OUTLINE

Part I (THEORY) – 45 minutes

1. Understanding of Body Mechanics.
2. Discussion on correct Manual Handling Principles.
3. Video Presentation on “Manual Handling” (10 minutes).
4. Discussion regarding possible risk factors in the workplace and how to minimise risk.

Part II (PRACTICAL) – 75 minutes

1. Demonstration of Safe Work Postures.
2. Discussion on static and dynamic postures.
3. Demonstration on correct lifting technique and its application to work activities.
4. Discussion on importance of exercise regime and fitness programmes.
5. Demonstration of easy to apply stretching exercises

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