

# Manual Handling Awareness

## THE INDUCTION SERIES

### COURSE OVERVIEW

Discover techniques to move objects and materials properly, avoid injury, and boost productivity.

This course covers lifting, carrying, and lowering loads of all sizes safely. You will explore your organisation's policies and procedures, risk factors, tools and equipment, as well as practical strategies to integrate awareness into everyday workplace routines.

The Manual Handling Awareness online course will discover the following:

- Unpacking the risks analyses,
- The Human anatomy,
- Understanding manual handling skills, and
- Identifying injury prevention techniques for protecting your body while lifting and carrying heavy objects.

\* Note: a 2-hour face to face, practical training session has been designed to allow participants to demonstrate and practice the concepts covered through instructor lead coaching and hands-on activities with various real workplace manual handling scenarios. Available on request and additional fees - \$90.00 (+GST).

Delivery Mode:	Online
Course Time:	0.5 hours
Assessment:	Yes, online quiz
Issuance:	'Certificate of Completion'
Packages:	Bronze, Silver, Gold or Platinum
Customisation:	Available upon request. Fees apply



### PRICING

**\$55.00**  
(+GST)

