

Safe Workplace Manual Handling Training Online Course

Overview

This course aims to provide guidance and examples of how to risk assess your workplace manual handling tasks and is based on WorkSafe Victoria guidance.

Objectives

- Learners will gain knowledge of safe manual handling techniques
- Learners will discover how to risk assess manual handling tasks in their workplace to reduce the chance of manual handling injuries

Course Outline

- Poor Manual Handling results in significant serious WorkCover Claims
- Effective or ineffective controls?
- WorkSafe Victoria Compliance Code
- What is a musculoskeletal disorder (MSD)?
- What are hazardous manual tasks?
- How to identify Hazardous Manual Handling?
- Examples from the Compliance Code
- Questions to help assess the risk
- Controlling the Risk – the Hierarchy of Control
- What are our controls aiming to reduce?
- Ideas to reduce hazards / Some examples of controls
- Some key tips to stay safe
- WorkSafe tools to help risk assess your manual handling tasks

Who should complete this course?

Any employees who undertake manual handling tasks

Estimated duration - 15 to 20 minutes

Cost - \$20 per person

Note - Self-enrolment is available via PayPal or Stripe for a 10% discount (GST inc). Ask about group discounts for more than 10 persons enrolled and having the course customised to suit your organisational needs.

Getting Started

Enrolment Link - <https://safetyinduct.com.au/course/view.php?id=147>

PayPal Enrolment Instructions - To undertake this course, you will need to be a 'user'. If you are not already a safetyinduct user, click on the create new account link at the top right of the screen and set up as a new user. You will then be able to enrol in the course and pay via PayPal (self-enrolment has a 10% discount). If you would like assistance or other payment options, contact Julie on ohsandhr@gmail.com. **Manual enrolment Instructions** – Email ohsandhr@gmail.com and we can set up your enrolments and provide an invoice.