



Manual Handling (8 hours)

Course Objective:

To provide the participant with the basic knowledge to identify, assess and control manual handling risks in their workplace.

Course Content:

- What is manual handling?
- Legislative requirements
- Use of correct manual handling techniques and principles
- Identify, assess and control manual handling risks in the workplace
- Introduction to ergonomic assessment tools
- Manual Handling Practical Component – 4 hours

Assessment:

- Classroom Participation

Course Award:

- Certificate of Attendance

Course Prerequisites:

- Ability to use and understand basic English

Please Note: Courses can be tailored to client requirements.

Duration: 8 hours

Days: 1 day

Times:

Days: 8:00am – 4:30pm
Or as required

Cost: Per Participant

Full: On Application

Subsidies by CITB:

Exist for Building and Construction Industry participants with a current CITB Eligible Worker ID number.

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Country courses attract additional costs for travel and accommodation.