



MANUAL HANDLING TRAINING

“Ensure you are skilled in the correct way to handle loads to avoid recurrent or long term injury”

Re-Start Consulting works with a variety of organisations to provide **Manual Handling Training**. This training provides employees with the legislative, biomechanical and practical information to guide them in safe manual handling techniques. Our training is based on the Manual Handling National Standard [NOHSC:1001(1990)] and National Code of Practice [NOHSC:2005(1990)].

The **Manual Handling Training** is a two part package including a group training session and an on-site practical workshop. The package is tailored to your organisation to ensure its relevance.

The 1 hour group training session covers:

- Employer and Employee Legislative Obligations
- Defining Manual Handling
- Common Injuries Associated with Manual Handling
- Risk Factors Associated with Manual Handling
- Work Postures and Routines
- Work Practices
- Exercise in Preparation for Work

Following the training session, participants are asked to participate in a 30 minute group workshop session, where site specific manual handling issues and the potential solutions, are discussed and associated corrective techniques practiced. Prior to conducting the training, the Re-Start Consultant will perform a site visit and discuss the issues with all relevant parties, to determine all the potential problems associated with the activities in question.

The training is conducted in the workplace, where there is ready access to the working environment. This ensures the transfer of knowledge in to the individuals work practices.

Each participant is provided with:

- 👉 A one hour group training session + 30 minute practical session
- 👉 Training handouts which outline theory

Following the completion of the workplace based training, each participant will receive a certificate of attendance.

To discuss your organisation’s needs, please contact:

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