



MANUAL HANDLING TRAINING

Poor manual handling practices is on of the **most common causes of injury** in all industries.

This training will enable you to **effectively identify and manage risks** in the workplace and reduce the risk of injuries in your workplace.

This training is workshop based which supports staff to apply knowledge specific to their circumstance, role and workplace.

In this session, the following will be covered.

- **The ignored implications of injury** – physically, mentally, financially, emotionally, and socially
- **What is manual handling** and the misconceptions surrounding manual handling
- **The human body and movement** – understanding how manual handling tasks affect the body including joints, muscles and discs
- **Manual handling for your workplace** – providing practical demonstration and practice of correct techniques that are relevant to your workplace
- **Workstation set-up**, especially relevant for those that have desk-based roles
- **Keeping your body healthy** – showing what exercises and stretches you should be doing to ensure you are always work ready

Time: 9.30 am to 11.30 am

Cost: \$15 Paid staff and FREE for Volunteers

When: 30th May 2017

Where: Transit Care

Level 1, 628 Kingston Road, Loganlea

Bookings are essential, please contact Manu Chandra:

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