



# Manual handling

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**This short course would benefit individuals working as support workers, people wanting to enter the aged care or disability sector or unpaid family carers supporting a loved one who is elderly or has a disability.**

The short course can lead to a reduced risk of physical injury when lifting or moving people and/or heavy objects in either residential settings or people's own homes.

The topics covered will include:

- WHS legislation and regulations
- Identifying manual tasks involving risk
- Preparing for manual tasks
- Completing manual tasks with correct technique
- Roles and responsibilities
- Hands on practice
- Assessment - practical and theory.

## Course Structure

Three hour face to face session.

## Course Outcomes

Successfully completing a course can lead to:

- improved safety for clients
- less injuries for workers and carers
- fewer WorkCover claims
- progression to study at a Certificate IV level in Disability, Ageing Support or Community Care
- valuable supporting knowledge for Certificate IV and career progression.

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