



WHS Training Specialists
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as Trustee for the Vowles Family Trust
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BACKBASICS MANUAL HANDLING COURSE (COMMONWEALTH JURISDICTION)

Aims **To deliver training relevant to the clients workplace that provides manual handlers with specific knowledge and techniques to help them minimise the risk of hazardous manual tasks injuries and improve their effectiveness and morale.**

Objectives

To provide information and training to workers to help them to perform their manual tasks with minimum risk and also contribute to the requirement of the Commonwealth WHS Act 2011 for “the provision of any information, training, instruction or supervision that is necessary to protect all persons from risks to their health and safety arising from work carried out as part of the conduct of the business or undertaking” and the guidance in the Safe Work Australia *Hazardous Manual Tasks Code of Practice* and Clause 60 of the WHS Act, **Hazardous Manual Tasks**.

The training is designed to be specific to the tasks of workers so that they may:

- understand the reason for doing the task with the least risk,
- recognize the risks and know what is the best way to do that task
- have an ability to perform stretch exercises that reduce the risk of injury
- outline the basic manual handling responsibilities that apply in a workplace

Content

1. The spine and nervous system
2. Why injuries or sprain/strain result from unsafe manual handling practices
3. Correct postures and manual handling techniques
4. Stretch exercises for flexibility, risk reduction and stress relief
5. Practice of safe techniques and principles in their work activities, conducted in the attendees' workplace using their own equipment.

Duration 2 hours

Location & Requirements

This course is ideally conducted in the actual workplace.
Seating is classroom-style and a whiteboard is required by the trainer.

Trainer Qualified Health professional such as a chiropractor, physiotherapist or Occupational Therapist experienced in bio-mechanics & manual handling

Cost \$910 plus 10% GST (\$1001) for up to 20 employees, including reference materials.