



Right Choice Training

We Do It Right!

Course Information

Safe Manual Handling Training Course

START LEARNING

Kickstart your career. We deliver it right for
you!

RTO No:45790

Safe Manual Handling Training Course



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Nationally recognised units of competency
HLTWHS005 Conduct manual tasks safely

This Safe Manual Handling course provides workers across a range of industries with the essential skills and knowledge to carry out manual tasks safely and effectively. The training focuses on reducing the risk of workplace injuries through the use of correct lifting techniques, safe body mechanics, hazard identification, and risk control measures. Participants will learn how to safely move, lift, carry, and handle objects or equipment while following workplace health and safety (WHS) requirements.

In addition, to the common training on Safe manual Handling which cover all common industries and workplaces, Right Choice also deliver courses specific to the following industries:

Healthcare: Safe Manual Handling for Healthcare Workers: This Safe Manual Handling for Healthcare Workers course provides healthcare professionals and support staff with the essential skills and knowledge to safely perform manual handling tasks within healthcare and community care environments. The training focuses on reducing the risk of injuries to both workers and patients through the use of correct patient handling techniques, safe body mechanics, hazard identification, and risk control measures.

Construction: Safe Manual Handling for Construction Workers: This Safe Manual Handling for Construction Workers course provides construction personnel with the essential skills and knowledge to safely carry out manual handling tasks in construction and worksite environments. The training focuses on reducing the risk of workplace injuries through the application of correct lifting techniques, safe body mechanics, hazard identification, and effective risk control measures. Participants will learn how to safely lift, carry, push, pull, move, and handle construction materials, tools, and equipment while complying with workplace health and safety (WHS) requirements.

Warehouse and Logistics: Safe Manual Handling for Warehouse and Logistics Workers: his Safe Manual Handling for Warehouse and Logistics Workers course provides workers in warehousing, transport, storage, and logistics environments with the essential skills and knowledge required to safely perform manual handling tasks in the workplace. Warehouse and logistics workers are often involved in lifting, carrying, stacking, loading, unloading, pushing, and moving goods and materials, which can place significant strain on the body if tasks are not carried out correctly.

Program Outline:

This course will cover the following topics:

- Introduction to Safe Manual Handling
- Understanding Workplace Health and Safety (WHS) Requirements
- Identifying Hazardous Manual Tasks
- Common Manual Handling Injuries and Risk Factors
- Manual Handling Risk Assessment Processes
- Using Mechanical Aids and Handling Equipment Safely
- Safe Handling of Tools, Materials, and Equipment
- Preventing Musculoskeletal Injuries and Fatigue
- Maintaining Safe Work Areas and Good Housekeeping
- Emergency Procedures and Incident Reporting

Why Study with Right Choice Training?

RTO No: 45790

Right Choice Training is a leading provider of Nationally Recognised Training Australia wide. Our courses are designed to meet current industry needs by incorporating real workplace case studies and best practices

Programs that give you the outcome needed to be effective at work and in your career

Fair and competitive course fees with state of art LMS. Programs delivered to suite your work requirements and lifestyle. Study anywhere at anytime



You can study at any time, any place, with unlimited trainer support, fast assessment and feedback

Start straight after enrolment!
No minimum course timeframe. You can complete the course as quickly as you choose but within the 3 months

How long does the course take?

We provide you with three (3) months to complete the course. There is no minimum timeframe for completion.

Program delivery:

Training is delivered as an online self-paced study mode. The course is offered online through Learning Management System. This means students complete their course at their own pace, using an online student portal. Training delivery support may include face-to-face webinars, self-paced study, directed research, and online learning activities and tasks. On successfully completing the training and assessment, statement of attainment and certificate of achievement certificate will be issued.

Statement of Attainment: HLTWHS005 Conduct manual tasks safely

Certificate of Achievement: One of the following:

- Safe Manual Handling Training
- Safe Manual Handling for Healthcare Workers
- Safe Manual Handling for Construction Workers
- Safe Manual Handling for Warehouse and Logistics Workers

This course is available on a fee for service arrangement. The RTO's complaints and appeal procedure as well as other policies and procedures are available on Right Choice Training website under the learner support page.

Assessments

The assessment is conducted using a combination of realistic workplace tasks, written questions and answers, and simulated case studies.

You will be required to submit your evidence for evaluation to the assessor, who will continue to maintain contact with you during the assessment decision-making process. You will also be provided with Opportunities to adjust and resubmit your assessments based on the assessor's feedback.

Who is responsible for your training?

Right Choice Training is responsible under the National Vocational Education and Training Regulator Act 2011 for the quality of the training and assessment being delivered in this course and for the issuance of all AQF certificates

Entry and study requirements

You can enrol and start at any time!

The following local entry requirements apply to ensure applicants can fully engage in the course and have the required learning capacity to meeting the course requirements. Learners must:

- Be aged 18 years or over
- Have sound language and literacy skills (at least Year 10 English, or equivalent)
- Provide a valid ID with his/her picture and signature
- Able to commit to the course duration and time commitment
- Learners must have access to a computer and the internet
- All applicants must supply a Unique Student Identifier (USI) should their enrolment be

Learners will require basic stationery and a notebook according to their study preferences during the self-paced study. The learner's access to a computer that has an internet connection is mandatory to allow learners to undertake self-paced study and prepare submissions for assessment

The Learning supports

You are well supported throughout your course, so you won't feel alone.

You'll have access and discuss your course work on a one-on-one basis with a specialist trainer via:

- Telephone
- Email
- Virtual Classroom, Zoom, MS Teams or Skype


How Can I Enrol?

Complete the registration form provided in our website. Alternatively, you can contact Right Choice Training at 1300 800 682

Contact Right Choice Training

For further information or to enrol, contact us via:

 www.rightchoicetraining.com.au

 1300 800 682

 admin@rightchoicetraining.com.au

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