

CIVIL TRAIN

The Training Division of the CCF

SHORT COURSE

HAZARDOUS MANUAL TASKS

Are you working in a role where you need to understand and implement safe lifting practices?

COURSE OVERVIEW

This course provides an awareness of safe manual handling practices in line with legislation and worksite practices.

This course is delivered in line with the National Code of Practice: Hazardous Manual Tasks.

A two year refresher is recommended for this course.

COURSE OUTCOMES

On completion of the course you will be able to:

- Explain the current legislative requirements for safe manual handling
- Explain site policies and requirements.
- Identify what causes manual handling injuries
- Explain the basics of how the human body moves
- Identify 'at risk' manual handling activities
- Assess manual handling risks
- Recognise effective controls
- Implement controls for manual handling risks
- Demonstrate the correct use of manual handling controls.

Upon completion you will receive a Statement of Attendance.

COURSE DURATION

This course is half day (3.5 hours) in duration.

DELIVERY AND ASSESSMENT

This course is delivered and assessed face to face.

There are theory and practical training and assessment components to the course.

LOCATION

Public courses are scheduled frequently at Civil Train SA offices in Thebarton and Port Augusta.

Civil Train SA can come to your worksite to deliver Hazardous Manual Tasks Handling training to a group of employees – please contact the office for a quote.

For further details and training dates please contact
Civil Train on **8111 8001**
1 South Road, Thebarton SA 5031
www.civiltrainsa.com.au

The logo features the text 'CIVIL TRAIN' in a bold, sans-serif font. 'CIVIL' is in white with a blue outline, and 'TRAIN' is in blue with a white outline. Below it, the tagline 'The Training Division of the CCF' is written in a smaller, white, sans-serif font. The entire logo is set against a dark blue background that has a jagged, torn-paper-like top edge.

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PERSONAL PROTECTIVE EQUIPMENT

Enclosed footwear is a minimum requirement for all Civil Train SA sites. Other sites may have other requirements which will be confirmed at the time of booking.

ENTRY REQUIREMENTS

Entrants will need a level of language and literacy skills to enable them to meet the requirements of the course.

Civil Train SA recommends year 10 school completion or equivalent as a guide to the level required for short courses.

ALL LEARNERS WILL BE REQUIRED TO PROVIDE PHOTOGRAPHIC IDENTIFICATION UPON ARRIVING FOR THEIR COURSE.

FEES

Please refer to our [Fees Schedule](#) for current fees and subsidies.

Please refer to our [Fees and Refunds Policy](#) for terms and conditions.

Both documents are published on our website www.civiltrainsa.com.au

Terms and conditions

Please refer to our website www.civiltrainsa.com.au for full terms and conditions.

Please decide if this is the right course for you before you enrol. This course information flyer should be read in conjunction with Civil Train SA's pre-enrolment brochure and our policies and procedures available at www.civiltrainsa.com.au. If you require any more information or assistance, or you identify yourself to have specific needs that may affect your capacity to complete this course, please speak to one of our representatives.

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