

## Manual Handling

### Our Aims

- To provide candidates with the knowledge and skills to understand legislative requirements of manual handling and to employ good manual handling techniques.
- To provide a friendly, comfortable and safe learning environment.
- To support (if necessary), any special needs you may have with your learning, to the best of our ability, and to ensure your training is enjoyable and meets your specific learning needs.

### Duration of Training

5 Hour Course

### Course Content

- Workbook activities
- Group interaction, brainstorming and discussion
- Practical exercises
- Assessment

### Location

Capable Training provides flexible training. Training can be delivered at one of our training venues or if a group/Company booking, we can deliver training on your premises.

### Assessment

Informal practical assessments will be conducted as well as a formal written questionnaire at the conclusion of the training.

The assessments used to assess your competence in Manual Handling are

- Practical demonstrations
- Written questionnaire

Your trainer and assessor will clearly explain the assessment process to you and support you where necessary to ensure you have a full understanding of the assessment process prior to commencing any assessment.

### Outcomes

Successful participants will receive a certificate in:

- **Manual Handling**

### Pre-requisites

There are no pre-requisites or co-requisites for this course.

If you would like further information please contact Capability Resources via email [admin@capres.com.au](mailto:admin@capres.com.au) or our office on 02 65 722 332.