



## Course Outline

Offshore Safety Training Centre  
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### **809 – SAFETY GENERIC**

## **ERGONOMICS & MANUAL HANDLING**

### **COURSE AIM**

Course content is adapted to cater for specific industrial or organizational requirements and conforms to the Australian Work Safe training programme.

The course content is based on case studies and adheres strictly to the manual handling code of practice. On completion of the course the participants should have the knowledge and skills to effectively identify hazards and assess and control risks arising from manual handling tasks. This workshop forms part of the general training requirements of the Manual Handling Code of Practice

### **COURSE CONTENT**

On completion of this activity, participants will be able to demonstrate a competence in the theory and practice of the following:

- Legal Settings
- Hazard Identification
- Risk Control
- Anatomy/Biomechanics
- Risk Assessment
- Who's Responsible

### **COMPETENCY**

Participants will be assessed through two way communication techniques and practical and written assessment.

### **PRE REQUISITES**

There are no pre-requisites to attend this course.

### **COURSE DURATION**

The course is conducted over one day depending on participant numbers. The course is aimed at between 8-12 people.

### **METHOD OF TRAINING**

This course is conducted in a classroom environment with open two way communications and class involvement and case studies.