

**DURATION:** 0.5 days

**PRICE:** Group POA

**DESIGNED FOR:** This is an introductory course designed for personnel that may have to lift, carry and put down an object as part of their duties within the wine industry.

**PRE-REQUISITES:** None.

**DESCRIPTION:** This course aims to provide the skills and knowledge required for safe lifting principles for carrying a load in the workplace.

**CONTENT:** It is essential that competence be demonstrated throughout the duration of the course:

- Legislation
- Injury statistics
- Anatomy of the back
- Back injuries
- Correct lifting and carrying techniques.

**ASSESSMENT:** Assessment of underpinning knowledge will be by way of oral questioning and written assessment. Practical assessment in the completion of a variety of tasks involving dangerous goods.

**CERTIFICATION:** On successful completion of this Unit of Competency trainees will be issued with a Certificate of Training in Manual Handling.

**DELIVERY METHOD:** This course is primarily classroom based. Trainees will have to complete some practical exercises to demonstrate an understanding of the course material.