

# Loads 2

The **Loads 2** course is a competency based course for workers who move inanimate objects (Loads). The course is designed to skill a worker in common tasks which are likely to occur in this environment; to enable the person to provide one on one coaching. The Occupational Safety and Health Act and the risk management process are embedded within the theoretical elements of this course. Developing self-protective behaviours for the worker is a strong focus of this course.

## **Who should attend this course?**

This course is for workers who move objects as a significant part of their job role, along with manual tasks trainers.

## **What type of transfers will I learn?**

In the Loads 2 course you will apply Manutention principles, postures and action to move loads. The course uses a load simulator to enable the participants to develop self-protective behaviours without preconceived ideas of how to move a specific load.

## **How long is the course?**

This course is four full days. Attendance at all four days is required.

## **Course Pre-Requisite:**

Good general health, willingness to learn.

## **Course Assessments:**

- Written Work Health and Safety assessment
- Evaluate a loads handling scenario in writing
- A fundamental postures and actions theory test
- Two physical tests
- Written Manutention assessment
- Perform a triple demonstration of a learnt transfer
- Peer assessment of a learnt transfer

