

# Generic Manual Handling Certificate

Safe Actions conducts manual tasks training consistent with the Code of Practice: Hazardous Manual Tasks and based on the needs of workers in the Hospital, Aged and Disability environment. The WHS Act, regulations, risk management and reporting are covered in the theory section.

The Generic Manual Handling Certificate short course covers assisting an individual:

- Sit and stand
- To roll in bed
- Using slide sheets to roll an individual in bed
- Using slide sheets to move an Individual up the bed
- From lying to sitting and reverse
- Using hoists, slings and transfer aids



In this 4 hour course, workers are coached in self protective behaviours when completing these tasks and the use of equipment to reduce the risk or effort associated with these activities.

This course is ideal for workers who are new to the health sectors and those requiring a refresher of their manual tasks training.

Attendance certificates are provided.

Content can be customised to suit a particular organisation.