

Undertake manual handling

MEM11011B Undertake manual handling

Course aim

This course is designed to provide students with the necessary skills and knowledge for correct manual handling. Students are taught correct lifting techniques and moving materials manually and/or using basic manual handling equipment in a wide range of everyday working environments. National Occupational Health and Safety Commission (NOHSC) outline the requirements that must be adhered to in relation to manual handling.

Course objectives

By the end of the course, the student will be able to:

Demonstrate knowledge of:

- Identification and assessment of hazards
- Manual handling techniques
- Hazards of incorrect procedures
- NOHSC standards for manual handling
- Safe work practices and procedures

Demonstrate skills in the following:

- Identifying relevant standards and lifting techniques
- Assessing weight of material
- Selecting lifting equipment
- Working and communicating in teams
- Assessing risks
- Planning
- Reading and interpreting outline information on written job instructions, specifications and standard operating procedures. May include drawings
- Following oral instructions

Course prerequisite

No prerequisite is required for the completion of this unit.

Course assessment

Students will be assessed to determine their competency in this course both theoretically and practically.

The theory assessment consists of multiple choice and short answer questions.

The practical assessment will require students to demonstrate safe manual handling techniques whilst performing in an individual and team based environment.

Course duration

4 hours
(The time noted above includes a break.)

Trainer ratio

15 students per trainer

Course location

Courses are primarily delivered at our facilities:

3M Australia,
93 Derby Street, Silverwater NSW
The Construction Training Centre,
460 Beaudesert Road, Salisbury QLD
However, courses can be delivered at your worksite if required. In this instance your employer will confirm there are suitable facilities on site to deliver the training.

On successful completion students will be issued with:

Statement of Attainment in MEM11011B Undertake manual handling