



Nepean Industry Edge Training

WE ARE THE TRAINING EXPERTS!

Manual Handling

We recognise the importance of correct practices for manual handling and this workshop is designed to give hands on experience using a range of mechanical and assistive aids that workers use in the community health sector.

Muscular skeletal injuries in workplaces are the biggest cost to insurance premiums, lost time for workers and cause of injuries to staff working in the care sector, which is why using aids correctly is so important.

We provide a warm and welcoming environment where all our trainers are caring and dynamic with extensive industry experience. NIET is a highly reputable and established organisation that focuses on delivering quality training to its students. Through a fun, flexible and supportive learning environment, you will develop the confidence you need.

The workshop gives hands on practice in using:

- Lifting aids
- Standing machines
- Slide sheets
- Patient transfers with assistive aids

You will learn:

- Correct body mechanics and safety basics
- Hazardous manual handling
- Controlling risk and troubleshooting for real solutions
- Legal duties including WHS legislation
- Compliance and codes of practice
- Hot spots such as repetitive tasks
- Strategies to eliminate muscular-skeletal disorders
- Pressure and continence care in manual handling



“Great place to study. Very supportive trainers”

Paula

Ageing Support graduate

To register your place, contact NIET:

info@niet.com.au

www.niet.com.au

9770 1633

COURSE DETAILS

Available dates:

Regular sessions throughout the year,
please contact us for dates

Time: Morning class 9:30am to 12:30pm

Afternoon class 1:30pm to 4:30pm

Cost: \$85

Location: 146 Young Street,