

Manual Tasks Risk Management for Supervisors, Coordinators and Managers

Manual tasks are generally recognised to be one of the most common ways that a person is likely to injure themselves and is the greatest risk of injury for the health care/ community support sector.

It is vital that that specialised training is provided to Supervisors and Managers to enable them to:

- Identify all six risk factors for manual tasks
- Evaluate the role of fatigue, repetition and stress in developing a manual task injury
- Select appropriate control strategies that prioritise eliminating the risk and/ or changing the environment, equipment or system of work over procedural and technique strategies
- Encouraging employees in the risk management process, use of equipment and minimisation of risky postures and actions when completing work tasks

In this 6 hour course, the principles of biomechanics are explored and then applied to particular manual tasks in the workplace e.g. moving of objects and equipment, sitting / standing tasks, repositioning clients back in chairs, use of slide sheets, hoisting etc. The use of the hierarchy of control underpins the discussion and maximizing independence and the use of equipment.

Theory and practical tasks are interspersed throughout the day. Attendance certificates and manuals are available on request. Content can be customised.

