

Manual Handling & Ergonomics (All Industries)

APS Training Group is a Registered Training Organisation (Provider No: 31588) under the Australian Quality Training Framework and are pleased to offer the following course:



Course outline: We cover areas of standard manual handling applications, pushing, pulling, stretching and lifting with an individual to group applications plus the utilisation of mechanical devices/equipment. We cover basics of the body, specific requirements of stretching and the basic concept of ergonomics

Delivery mode: APSTG provides different styles of delivery to suit different various needs and requirements from industry. We modify presentation to match the target groups

Prerequisites: There are no prerequisites for this training course

Who should attend: This training is designed for all persons from office based to persons that are continually working in an environment that requires them to carry out manual handling and body straining activities

Certification: Participants who attend the complete session will receive a *Statement of Attendance*. This course **is not** nationally accredited

Participants: Min 8 - Max 15

Where: APS or your workplace

Duration: As required to meet clients needs

Cost: Call for price

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