

## Moving and Handling Objects

### Learning outcomes:

After completion of this course, you will:

- be able to identify hazards and undertake a LITE risk assessment prior to all moving and handling tasks
- have the knowledge necessary to reduce the risks of musculoskeletal injury caused by moving and handling in the workplace
- identify and use moving and handling equipment, understand safety features

On your return to the work area you will need to practice moving and handling techniques appropriate to your work area and service needs.

### Content: (can be customised to reflect workplace & needs of participants)

- Risk Assessment
- Moving and Handling objects
- Other relevant equipment /topics as identified by participants / Managers

NOTE; Training can also be provided to teams in situ for example at team meetings. Please email to arrange this [Eleanor.barrett@ccdhb.org.nz](mailto:Eleanor.barrett@ccdhb.org.nz)

Available to:	Price (+ GST)	Booking Method
Hutt Valley Staff	Nil	MyPay * NOTE this training is also part of Te Ra Whakatau for new non-clinical staff
Wairarapa/Capital & Coast Staff	N/A	N/A
External Health Professionals (Primary Health, PHO, Aged Care)	N/A	N/A
Private sector	N/A	N/A
Target Audience	All existing staff who are required to move objects as part of their work Training to be attended on 2 yearly basis	
Dress requirements	Comfortable clothes for example Track pants and T-shirt or uniforms. Well- fitting supportive footwear. Short finger nails You will be expected to move objects during the training	
Course Facilitator	Eleanor Barrett	
Food Provided	Tea and Coffee	

# 2024 Training Opportunities



Course Details:			
Day	Date	Start - Finish	Venue
Monday	12 <sup>th</sup> Feb	1430 – 1530	Room 1 Clinical training unit Level 2 Clock Tower building
Monday	4 <sup>th</sup> March		
Monday	8 <sup>th</sup> April		
Monday	6 <sup>th</sup> May		
Monday	10 <sup>th</sup> June		
Monday	1 <sup>st</sup> July		
Monday	5 <sup>th</sup> August		
Monday	2 <sup>nd</sup> September		
Monday	7 <sup>th</sup> October		
Monday	4 <sup>th</sup> November		
Monday	2 <sup>nd</sup> December		