

Manual Handling & Prevention of Back Injury

Develop the knowledge and skills to safely lift, move, and handle objects while preventing back injuries in the workplace.



**SAFETYTM
ACTION**

**AXIOM
TRAINING**



Overview

In physically demanding work environments, improper lifting and handling techniques can lead to serious injuries, including back strain and musculoskeletal disorders. This course will equip you with practical strategies to minimize these risks and apply safe manual handling techniques in your workplace. Learn how the body functions, how to recognize potential hazards, and how to use the correct techniques to prevent injury.

By completing this course, you will gain two NZQA Unit Standards, ensuring a well-rounded understanding of both back injury prevention and effective manual handling practices.

Course Content

- ✓ Apply health and safety legislation and safe work practices in a workplace setting.
- ✓ Apply Safe Handling Techniques – Use correct lifting, carrying, pushing, and pulling methods to prevent injury.
- ✓ Utilise Mechanical Aids & Ergonomics – Implement workplace controls, mechanical aids, and ergonomic practices for safer manual handling.
- ✓ Understand Legal Responsibilities – Comply with New Zealand's Health and Safety at Work Act (HSWA) to maintain a safe working environment.

Unit Standards

17592 Identify the causes of back injury and methods to prevent back injuries in the workplace

17459 Demonstrate and apply knowledge of safe manual handling practices in the workplace.

Book your training today

0800 222 388

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