



Workplace Manual Handling and Manual Task Safety Training

Training Costs for Adelaide Metro Worksites

Basic Manual Handling/Task Safety

Duration: 1 hour

Cost: \$320+GST plus trainer travel time

Max participants: 20

Delivery Style/Method: classroom style

Standard Manual Handling/Task Safety

Duration: 2 hours

Cost: \$510+GST plus trainer travel time

Max participants: 20

Delivery Style/Method: split between classroom and real (or simulated) work environment

Assessed Manual Handling/Task Safety

Duration: 3 hours

Cost: \$700+GST plus trainer travel time

Max participants: 15

Delivery Style/Method: split between classroom 1st hour, 2nd and 3rd hours in work environment (real or simulated) with individual assessment.

Trainer Travel Time is charged at \$150+GST per hour, in 15 min increments, to and from the CHG Clinic – Mile End.

Course Overview

Manual handling and manual tasks are known to be the major cause of musculoskeletal injuries in the workplace.

The fundamental **purpose** of CHG manual task safety training is to reduce injuries from hazardous manual tasks by providing workers with knowledge and practical skills.

Our trainers are registered allied health professionals who work with groups of varying sizes in your workplace: each course includes an engaging theory component in a classroom environment, and the Standard and Assessed courses conclude with practical/demonstration activities in a live or simulated work environment.

Duration is determined by employer needs, complexity and number of job tasks, the number of workers, and employer resources including worker time and budget.

Your allocated CHG Trainer will work with you prior to the training program to ensure the content and delivery methods are customized to your work environment. Workers will be provided with standard CHG resources which can be customized for your workplace on request.

To book a Basic, Standard or Assessed Course, or discuss more complex program needs, contact CHG's Training Unit on **8354 9800**.

visit our website:

www.chg.net.au

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CHG is a Registered Training Organisation (RTO No. 110048)