



Manual Handling Awareness

Corporate Clients

Sonic HealthPlus Training Overview

Sonic HealthPlus is a trusted provider of workplace health and general medicine. With over 50 years' experience we understand the important role education plays in fostering a safe working environment. And it is for this reason we offer a number of training programs across the following topics:



Drug and Alcohol



Manual Handling



Ergonomics



Fatigue and Stress



Work Health and Safety



Rehabilitation and Returning to Work

Our programs are developed with flexibility and accessibility in mind, and are available in a range of formats including online and face-to-face.

Course Overview

This training program focuses on defining manual handling, teaching recommended manual handling techniques, and preventing manual handling injuries in the workplace, legalities, and the roles and responsibilities of staff in the workplace.







This training program covers:

- Defining manual handling
- Basic human anatomy involved in manual handling
- Common manual handling injuries in the workplace
- Recommended manual handling techniques
- Practical demonstrations with involvement from your staff.



**Course Suitability**

The Sonic HealthPlus Manual Handling Awareness training program has been designed to equip employees who perform manual tasks in their job with an understanding and practical skills in manual activities in the workplace.

**Course Status:** Non-accredited.**Delivery Mode:** Face-to-face training.**Dates:** Sonic HealthPlus will endeavour to deliver training on a day and time that meets your needs.**Course Cost:** \$650.00 per session, maximum of 20 participants per session. Additional course costs may include mileage, flights, meals, and accommodation.**Certificate Issuance** We can issue certificates of attendance.**Course Duration:** 1.5 hours.**Course Location:** Training can be provided at your worksite.**Assessments:** There are no assessments in this training program.**Cancellation and Refunds:** Generally a two week lead time is required for scheduling training; however Sonic HealthPlus is flexible and will work to accommodate your, training dates and requests where possible. All services delivered outside standard office hours, including weekends will incur a 25% surcharge. Cancellation fees will apply in the event training services are cancelled.

Sonic HealthPlus Terms and Conditions

For Sonic HealthPlus' Terms and Conditions please visit www.sonichealthplus.com.au (Terms) or contact us directly.

Next Steps

Should you wish to progress the training program further please contact us on training@sonichealthplus.com.au or phone 1300 793 004.

