

Essentials of Ergonomics and Manual Handling

Essentials compliance training

Quality training content

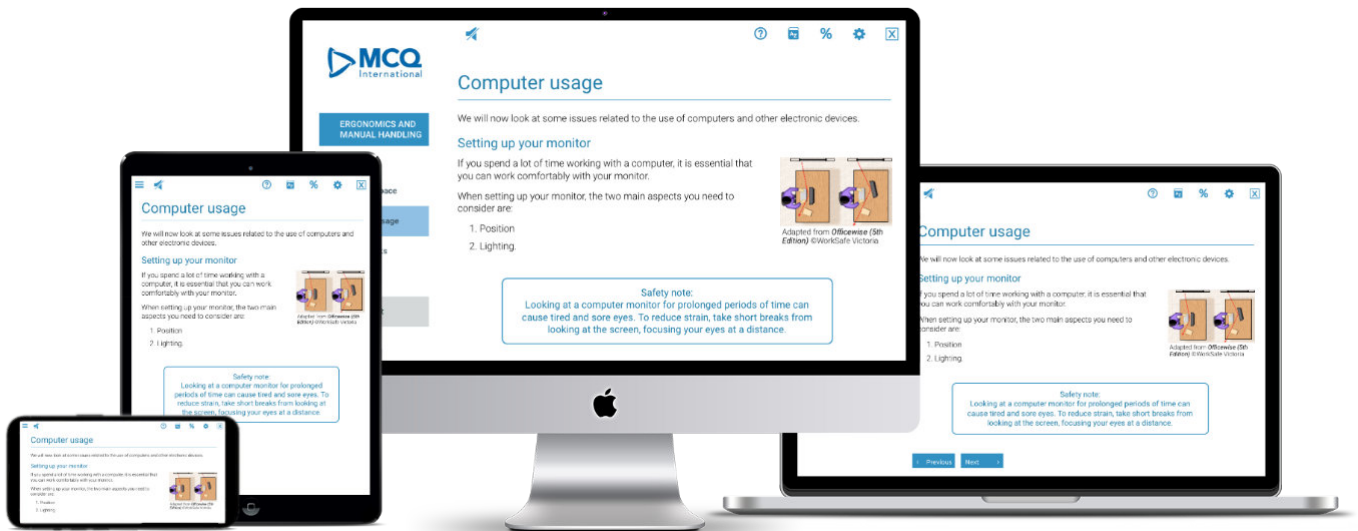
- Time-efficient compliance courses focused on key topics
- Developed in Australia for use in all states and territories
- Regularly updated to comply with current regulations
- Engaging, interactive content
- Online assessments included to ensure effective learning
- Responsive and accessible design to maximise usability

Powerful learning tools

- Take advantage of our exclusive Online Compliance LMS
- Simplify training for existing staff, inductions and refreshers
- Create custom training schedules for different roles
- Generate real-time reports
- Automate the sending of invitations and reminders
- Upload your own documents to complement courses

Ergonomics and Manual Handling Training

Whether sitting at a desk, working with computers, moving boxes or operating equipment on a factory floor, ergonomics affects everybody at work. This *Essentials of Ergonomics and Manual Handling* online compliance training module introduces the concepts of ergonomics and explains proper manual handling techniques in the workplace. The course also covers issues to consider in the office environment, such as the setup and use of desks, chairs and laptops. This training will help everyone to remain safe in the workplace by minimising short-term and long-term ergonomic risks.



Course structure and delivery

This course is delivered online at the learner's own pace and takes about 25 minutes to complete, though it can be completed over multiple sessions. At the conclusion of the training, learners will undertake a brief quiz which must be passed to complete the course.

Built-in course features

All MCQ International courses are designed to operate on a wide variety of devices, including computers, iPads, tablets and mobile phones. Optional accessibility features include audio narration, dark mode display, and a distraction-free 'reader view'. Course progress is recorded automatically across all devices.

About our 'Essentials' courses

MCQ International offers two options for your training needs: our *Comprehensive* courses cover a broader subject area in depth and are suitable for management and roles with higher compliance risks. Our *Essentials* courses each take around 25-40 minutes to complete, are more focused on specific training topics, and are suitable for roles at all levels. You can easily mix-and-match both options to suit your needs.

Topics covered in the course

The *Essentials of Ergonomics and Manual Handling* course covers the following topic areas:

- Introduction to the concept of ergonomics
- What is meant by 'manual handling'
- Ergonomics and manual tasks affect everyone
- Issues to consider in setting up a workspace
- Choosing and using your work chair
- Setting up and using your desk
- Issues relating to laptops and mobile devices
- Risk factors to be aware of in manual tasks
- Injuries commonly caused by manual tasks
- Short term versus long term injuries
- Proper load handling techniques
- How to control/minimise risks.

Find out more

Contact us now via email at sales@mcqi.com.au or simply scan the code on the right to get more information about the course content, pricing options and how to purchase.

