

TLID1001 Shift Materials Safely using Manual Handling Methods



Overview

This online workbook is pre-course material only - you are still required to attend a practical session and successfully complete a practical assessment before you will be awarded a nationally recognised statement of attainment. Take your time and read each section carefully, it might help for you to take notes. Make sure you answer all of the checkpoint review questions along the way. The results of this will be sent to your trainer as part of your course assessment.

What you will learn

This course is designed to help you understand all of the elements required to Shift Materials Safely using Manual Handling Methods.

SECTION 1

1.1 INTRODUCTION



Lesson 1 of 37

1.1. Introduction

This unit is based on the national unit of competency TLID1001 Shift Materials Safely using Manual Handling Methods.

You will learn how to:

- Assess the risks associated with relocating a load.
- Plan the load relocation.
- Relocate the load.





Lesson 2 of 37

1.1.1 Health and Safety Rules

Every workplace has to follow laws and rules to keep everyone safe. There are 4 main types:

Acts	+
Regulations	+
Codes of Practice	+
Australian Standards	+

Some states use OHS laws, and other states use WHS laws. They both talk about the same thing, but use different words or names for people. If you have any questions about safety rules you should talk to your boss or supervisor.

You should refer to the Safe Work Australia Hazardous Manual Tasks Code of Practice 2016 when shifting materials using manual handling methods.

CONTINUE

The image shows a tablet displaying a quiz question. At the top left, there is a hamburger menu icon. Below it, the text 'Question' is followed by '01/01' in a larger, bold, orange font. The question text reads: 'Section 1: Question 1 – Pick 4 things that may contribute to an injury that employers must consider when creating control measures for risks relating to manual tasks.' Below the question is a horizontal line, followed by six list items, each with an unchecked checkbox on the left. At the bottom center, there is a grey rounded rectangular button with the word 'SUBMIT' in white capital letters.

Question

01/01

Section 1: Question 1 – Pick 4 things that may contribute to an injury that employers must consider when creating control measures for risks relating to manual tasks.

- How many employees are in the area.
- Duration and frequency of tasks.
- Posture, movements, forces and vibrations.
- The height and weight of the employee.
- The nature, size, weight or number of things involved in the tasks.
- Workplace environmental conditions.

SUBMIT

Question

06/08

Section 1: Question 7 – What should you consider before moving loose or liquid goods?

- The method of packing and securing the goods, and their points of balance.
- What PPE you have available to use.
- When your next break is.
- The distance over which the load is to be shifted.

SUBMIT