

ACTIVITY: MANUAL HANDLING

Hazard control activity

Work in the classroom individually or in small groups, under the supervision of your teacher.

Resources:

- Information from the WorkSafe Smart Move General Module on manual handling available from WorkSafe's website at www.docep.wa.gov.au

Task:

- Make a list of any manual handling tasks you have performed over the last week, at home, school, travelling between the two, in the garden, at your part-time job, with your friends over the weekend. (Ask your teacher to write this list on the blackboard or somewhere else where everyone can see)
- Complete the decision making grid on the **Worksheet** by writing down all your personal manual handling activities (from the list written on the board), the hazards and the suggestions for safer practice across the page.

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DECISION – MAKING GRID					
Activity	Hazard	Safer Practice (controlling the hazard)			
Eg. Carrying my school bag	Bag too heavy. Bag awkward to carry	Only take essential items to school.	Use back pack with shoulder straps.		