



# Production and Distribution of Training DVDs

## Manual Handling

### For Support Workers in Home Care

This DVD clearly explains what manual handling is in home care, potential risks and hazards and what to do about them and how to perform home care tasks safely and avoid strain and injury.

The DVD has been designed for:

- a short refresher session on manual handling or as part of an induction for new staff (the first three chapters)
- delivering the manual handling component in CHCOHS312B Follow safety procedures for direct care work (play all chapters).



The bonus end chapter “Don’t Do This At Home” gives some examples of what not to do as a support worker in home care.

*“Manual handling is in every part of our lives. At work, good manual handling makes our jobs easier, more efficient and most importantly – safer”.*

## Price

AUD\$250.00

## Duration

27 mins 7 secs

## Topics covered

Overview  
Hazards and Risks  
Lifting Correctly  
Vacuuming  
Sweeping  
Mopping  
Making a Bed  
Bath, Shower, Toilet  
Laundry  
Shopping  
Don’t Do This At Home.

## Resource Material for

The unit CHCOHS312B Follow safety procedures for direct care work in the following qualifications:

- CHC30308 Certificate III in Home and Community Care
- CHC30408 Certificate III in Disability
- CHC40208 Certificate IV in Home and Community Care
- CHC40308 Certificate IV in Disability.

## More information

For more information on any of our DVDs please contact us

P +61 3 9525 1407

F +61 3 9525 1424

[info@ideasthatwork.com.au](mailto:info@ideasthatwork.com.au)

PO Box 2189

Prahran, Victoria

Australia 3181