



Physiotherapy



Occupational
Therapy



Podiatry

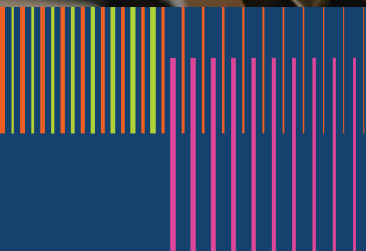
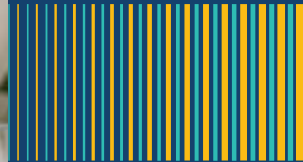


Dietetics



Speech
Pathology

Manual Handling Training for the NDIS Sector



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Healthcare

What is Manual Handling?

Manual handling involves the physical effort required to move, lift, carry, push, pull, or reposition objects or people.

In the care sector, this often includes transferring individuals in and out of bed, chairs, between locations or to access the community. Effective manual handling is vital to ensure the safety and dignity of participants and the wellbeing of carers.



Why is Manual Handling Training essential?

For those working in the NDIS sector, safe manual handling is critical for:



Preventing Injuries

Reducing the risk of musculoskeletal injuries, the most common workplace injuries in care.



Participant Safety

Ensuring participants are moved with dignity and comfort, especially individuals with high or complex needs.



Regulatory Compliance

Meeting NDIS standards for safe, personalised care - certified annually.



Staff Confidence

Empowering carers with the skills and knowledge to handle tasks safely and identify risks effectively.

Importance in care settings

Safe manual handling practices are essential for preventing injuries and ensuring that both care recipients and care staff are protected.

In care settings, support staff and general caregivers routinely conduct tasks involving lifting, transferring, and repositioning individuals—activities that, if conducted incorrectly, can result in considerable physical strain or injury to both the participant and the assistant.

Providing all types of carers with effective manual handling skills, helps minimise the risk of musculoskeletal injuries, which are among the most common in the care sector. It also ensures participants are moved safely and with dignity, enhancing their comfort and quality of care. For those supporting individuals with complex or high needs, such as NDIS participants, manual handling training is essential to meet safety regulations and personalised care standards, making it a cornerstone of respectful, effective, and safe caregiving.

Manual handling training gives your staff confidence in using the correct techniques and equipment for each task, ensuring safety.



Empower your team with Plena Healthcare

Haven't completed your annual manual handling training? Experiencing incidents or concerns with care recipients or staff in the Home Care and Disability sectors?

At Plena Healthcare offer group-based, hands-on, face-to-face training with both competency-based and practical demonstration variations tailored for clinical and non-clinical attendees. We help enhance safety, address challenges, and ensure compliance with Home Care and NDIS standards.



[Click here to learn more!](#)

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What we offer



Group Training

Competency-based assessment and practical demonstrations, face-to-face in a group setting.



Team Learning

Boosts confidence in using equipment like hoists and safe lifting techniques.



Tailored Support

Includes identifying risks of care environments, equipment, and individual handling needs.



Compliance with Standards

Alongside the NDIS standard the 'Aged Care Quality Standards.'



Certificate of Completion

Valid for 365 days.



Why choose us?

With our tailored approach, we help your team deliver safe, dignified care while minimising injury risks. Whether addressing incidents, meeting annual training requirements, or improving care standards, Plena Healthcare provides the expertise you need and we're here for all your questions and needs.

Click here to learn more!

[plenahealthcare.com.au/
ndis-manual-handling-training/](https://plenahealthcare.com.au/ndis-manual-handling-training/)



Manual Handling Training for Care & Support Workers

OBJECTIVE

Our core objective of this course is to ensure Care & Support Workers and other staff providing hands on care services to consumers have the adequate skills and techniques to ensure a safe working environment. Following a comprehensive educational seminar, staff will be demonstrated or assessed on the below competencies.

What's included:

Interactive Educational Seminar
Demonstration or Assessment of 18 Core Competencies

NUMBER OF STAFF

10 Maximum staff
per session

ON SITE TIME

2.5 – 3.5
Hours

REQUIRED EQUIPMENT

- TV/Screen/Room
- Connectivity cord
- Electric bed
- Slide sheet
- Full Body Sling/s
- Hygiene Sling/s
- Stand lifter sling
- Full hoist Lifter
- Stand Lifter
- Manual Wheelchair
- Walking frame
- (4WW & PUF)
- Mop
- Vacuum
- Car
- HandyBar
- Chair with arm rests (x2)

COST

Demonstrated Competency (2.5 Hrs) = **\$466 (Ex GST)**
Assessed Competency (3.5 Hrs) = **\$622 (Ex GST)**

Manual Handling Training for General Service Officers

OBJECTIVE

This course is designed specifically for non-consumer facing staff such as administrative and head office team members and focuses on common day to day tasks required to perform their roles safely and effectively. Following a comprehensive educational seminar, staff will be demonstrated or assessed on the below tasks.

What's included:

Interactive Educational Seminar
Demonstration or Assessment of 13 Core Competencies

NUMBER OF STAFF

10 Maximum staff
per session

ON SITE TIME

1.5 – 2
Hours

REQUIRED EQUIPMENT

- TV/Screen/Room
- A box (to pick up and place on a bench)
- Trolley
- Mop and bucket

**Anything specific to a workplace should be flagged in advance*

COST

Demonstrated Competency (1.5 Hrs) = **\$311 (Ex GST)**
Assessed Competency (2 Hrs) = **\$389 (Ex GST)**



How to book

In order to make a booking for your team to receive Manual Handling Training, please fill out our **Training Referral Form** and email to: community@plenahealthcare.com.au

A member of our team will contact you to discuss your organisation's needs as required.

 **Training Referral Form**



CONTACT US

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 community@plenahealthcare.com.au

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To learn more about **manual handling training**,
visit plenahealthcare.com.au