



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatikd.co.za · Website: www.aatikd.co.za

COURSE BROCHURE

Demonstrate Basic Occupational Health And Knowledge Pertaining To The Principles Of Handling Of Materials In A Workplace Training

Health Sciences and Social Services / Preventive Health

Unit Standard 119568 · NQF Level 1 · 1 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with foundational occupational health knowledge and safe material handling principles relevant to a workplace. Participants will understand how to identify hazards, apply correct handling techniques, and contribute to a safer working environment in line with South African health and safety regulations.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	119568
Accreditation	SAQA Accredited · NQF Level 1 · 1 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate understanding of basic occupational health concepts and their importance in the workplace.
- Identify common hazards associated with manual and mechanical material handling.
- Apply correct principles for safe handling, lifting, and moving of materials.
- Evaluate workplace practices to ensure compliance with relevant health and safety legislation.
- Implement control measures to minimize risks during material handling activities.
- Demonstrate knowledge of emergency procedures related to material handling incidents.

WHO SHOULD ATTEND

- This course is designed for entry-level workers, general employees, and supervisors who handle materials or work in environments where material handling occurs.
- It is also suitable for those seeking to meet basic occupational health requirements in their job roles.

COURSE OUTLINE

Day 1: Foundational Occupational Health and Materials Handling Principles

- Introduction to the Occupational Health and Safety Act (OHSA) and relevant regulations.
- Types of hazards: physical, chemical, ergonomic, and mechanical.
- Risk assessment and hazard identification in materials handling.
- Manual handling principles: lifting, carrying, pushing, and pulling.
- Ergonomic principles to prevent musculoskeletal disorders.
- Selection and use of PPE: gloves, safety boots, hard hats, and back supports.
- Safe stacking, storage, and housekeeping practices.
- Emergency procedures: spills, injuries, and fire response.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **1 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	10 Aug 2026	On-Campus	Mauritius
11 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	17 Aug 2026	On-Campus	Shenzhen, China
18 Aug 2026	18 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 119568) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza, 1122 Burnett St, Hatfield 0028, Pretoria, Gauteng, South Africa
Tel: +27 12 004 8389 · WhatsApp: +27 65 077 6310 · apply@aaticd.co.za · www.aaticd.co.za