



Accredited Africa Training Institute for Capacity Development

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

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COURSE BROCHURE

Prevent Musculoskeletal Injuries During Lifting and Carrying

Health Sciences and Social Services / Preventive Health

Unit Standard 254221 · NQF Level 3 · 3 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and skills to prevent musculoskeletal injuries when lifting and carrying objects in the workplace. It covers safe lifting techniques, risk assessment, and the use of mechanical aids to reduce physical strain. By the end of the course, participants will be able to identify hazards and apply ergonomic principles to protect themselves from injury.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	254221
Accreditation	SAQA Accredited · NQF Level 3 · 3 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply correct lifting and carrying techniques to minimise the risk of musculoskeletal injuries.
- Analyse lifting tasks to identify potential hazards and assess the risk of injury.
- Demonstrate the use of mechanical aids and team lifting strategies where appropriate.
- Evaluate personal physical limitations and adapt techniques accordingly.
- Implement safe work procedures in accordance with organisational health and safety policies.

WHO SHOULD ATTEND

- This course is designed for employees in industries that involve manual handling, such as warehousing, construction, manufacturing, and logistics.
- It is also suitable for supervisors and health and safety representatives who need to ensure safe lifting practices in their teams.

COURSE OUTLINE

Day 1: Foundational Principles and Safe Lifting Techniques

- Introduction to musculoskeletal injuries and their impact on health and productivity
- Anatomy of the spine and core muscles: how lifting affects the body
- Risk factors: load weight, size, frequency, distance, twisting, and posture
- Principles of safe lifting: neutral spine, hip hinge, leg drive, and load close to body
- Safe carrying techniques: balanced loads, clear vision, and controlled movements
- Ergonomic considerations: workplace layout, mechanical aids, and team lifting
- Overview of the Occupational Health and Safety Act and relevant regulations
- Practical demonstration and guided practice of safe lifting and carrying

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 **3 NQF credits** at **NQF Level 3**.

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	Dubai, UAE
11 Aug 2026	11 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
13 Aug 2026	13 Aug 2026	On-Campus	Mauritius
14 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	17 Aug 2026	On-Campus	Pretoria, South Africa
18 Aug 2026	18 Aug 2026	On-Campus	Abu Dhabi, 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 254221) 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.

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