



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

Safe Manual Material Handling in the Workplace

Health Sciences and Social Services / Preventive Health

Unit Standard 259620 · NQF Level 2 · 2 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and skills to safely manoeuvre materials by hand in a workplace environment. It covers risk assessment, correct lifting techniques, and the use of manual handling aids to prevent injuries. By the end, participants will be able to apply safe handling principles to reduce ergonomic risks and comply with occupational health and safety regulations.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	259620
Accreditation	SAQA Accredited · NQF Level 2 · 2 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Identify potential hazards and risks associated with manual material handling in the workplace.
- Apply correct body mechanics and lifting techniques to minimise strain and injury.
- Demonstrate the safe use of manual handling aids and equipment.
- Evaluate workplace layouts and tasks to recommend ergonomic improvements.
- Implement procedures for reporting and managing incidents related to manual handling.
- Comply with relevant South African occupational health and safety legislation and standards.

WHO SHOULD ATTEND

- This course is designed for employees who are required to manually move, lift, or handle materials as part of their daily work, including warehouse staff, factory workers, and general labourers.

COURSE OUTLINE

Day 1: Principles and Practice of Safe Manual Material Handling

- Introduction to manual material handling and workplace injuries.
- Anatomy of the spine and mechanisms of injury.
- Risk assessment and hazard identification for manual tasks.
- Ergonomic principles: neutral spine, leverage, and load stability.
- Safe lifting techniques: planning, stance, grip, and movement.
- Team lifting and use of mechanical aids.
- Housekeeping and environmental factors affecting safety.
- Legal requirements: OHS Act and ergonomic standards.

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 **2 NQF credits** at **NQF Level 2**.

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

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 259620) 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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