

1. Title	Perform manual handling operation
2. Code	EMCUSH109A
3. Range	Apply the correct way of manual lifting and handling at electrical and mechanical work sites to avoid bodily injuries.
4. Level	1
5. Credits	3
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Correct way of manual lifting and handling ♦ Understand the effects of incorrect lifting and handling, including:</p> <ul style="list-style-type: none"> • The impact on the waist and the back • Causes of manual lifting injuries • Basic knowledge of waist and back care <p>6.2 Application of the correct way of manual lifting and handling ♦ Capable to apply the way of manual lifting and handling correctly and properly to avoid bodily injuries</p> <p> ♦ Capable to implement the recommendations of the risk assessment for the manual handling operation</p>
7. Assessment Criteria	<p>The integrated outcome requirement of this unit of competency is:</p> <p>(i) Capable to illustrate the importance of applying the correct way of manual lifting and handling so as to avoid bodily injuries; and</p> <p>(ii) Capable to apply the correct way of manual lifting and handling for materials that need to be handled manually in routine operation.</p>
8. Remarks	This unit of competency is applicable to frontline electrical and mechanical practitioners in general.