

HLTWHS005 Conduct Manual Tasks Safely

STUDENT MUST SUBMIT THIS COVER SHEET WITH THE ASSESSMENT TASKS LISTED BELOW

Student Name

(Your full legal name)

Date submitted by student

Click or tap to enter a date.

Student declaration and statement of authorship

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STUDENT SIGNATURE:

ASSESSOR USE ONLY	ASSESSMENT TASK RESULT	
WRITTEN ACTIVITY & CHECKLIST	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not Yet Satisfactory
PRACTICAL ACTIVITY	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not Yet Satisfactory
QUESTIONS	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not Yet Satisfactory
<i>Assessor Feedback:</i>		
ASSESSMENT OUTCOME UNIT OF COMPETENCY	<input type="checkbox"/> COMPETENT <input type="checkbox"/> NOT YET COMPETENT	
ASSESSOR NAME		
ASSESSOR SIGNATURE	DATE	Click or tap to enter a date.

Written Activity

Your task is to write the answers to each of the following questions. Answers should exceed 50 words but no more than 100 words for each question:

1. Briefly discuss the key information from WHS regulations relating to manual tasks and national code of practice.

2. What are the key aspects of the risk management approach to manual tasks?

3. List four (4) types of manual task activities and the types of injuries that they can cause.

4. Outline the relationship between the human body and risk of injury from performing manual tasks.

5. Explain each of the following functions of the human body:

6. Basic function of the spine

7. Body postures

8. Types of muscles

9. Principles of levers

10. What manual handling techniques can you use that supports safe work practice?

11. Briefly discuss the types and operational features of mechanical aids, tools and equipment.