



# FBPOPR2074 Carry Out Manual Handling Tasks (Half-Day Course)



The Manual Handling certification program provides information and guided practice that will enable both experienced staff and new staff members with the skills necessary to demonstrate competence of the National Unit of Competence FBPOPR074 operations which specifies the outcomes required including planning and preparation for work.

## LEARNING MODULES:

- Planning and preparing for operations.
- Single and double lift techniques.
- Use of mechanical aids.
- Risk Assessment techniques.

At the successful completion of this course, Candidate will receive the Statement of Attainment and a wallet-size card\* inclusive of the Nationally Accredited course information, student name and course attended date.

(\* Raines Resources will issue an SOA and card after full payment is received)



### Raines Resources

Phone: 08 6319 5300  
Mon - Sun: 7:00 am - 9:00 pm

Suite 12, Risely Corporate Centre  
135 Risely Street  
Booragoon WA 6154

ABN: 29 674 339 271  
ACN: 610326460

[info@rainesresources.com.au](mailto:info@rainesresources.com.au)



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### TRAINING DETAILS:

**Course Times:** **Face to Face** - 08:00 to 16:00 (Please arrive 15 minutes earlier for registration and ID verification) other times by negotiation.  
**Online** - self paced.

**Age Requirements:** All learners must be at least 15 years of age.

**Literacy and Numeracy:** Participants must have a basic level of English proficiency (written and verbal communication) and the knowledge of how to use a calculator.

**Digital Literacy:** Online learners will require access to a computer with an internet connection and the knowledge to access emails, login to the online training portal, upload documents when required and submit assessments.  
In some instances, in modern mining and construction settings you may be required to enter/log information into an electronic record keeping device. Or use computerised equipment to operate various types of machinery and processes.

**Delivery:** Face to Face training and assessment in a simulated workplace environment. (Minimum 8 candidates) or online.

**Payment Method:** Cash, credit card, direct funds transfer with a bank receipt, or a company purchase order (refer to our finance policy for further details).

**What to bring:** 1 Photo ID and 1 Secondary ID, Current WorkSafe Licence Card (if any) (e.g. Driver's Licence, Passport (current or expired being no more than 2 years from the expiry date), WA proof of age card or other Australian Government issued ID card with photo) AND (e.g. Medicare Card, telephone, gas, or electricity account not more than 12 months old).

**Clothing:** Long sleeve shirt, long pants and enclosed shoes.

**Location:** Online or at Unit 12/135 Riseley Street Booragoon WA



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### ASSESSMENT COMPONENTS:

- Theory
- Simulated Practical evidence

### CANCELLATION / REFUNDS:

Refer to our Refunds Policy.

### COST OF THE COURSE:

Online: \$100.00 (GST Free)

Face to Face: \$120.00 (GST Free)

For corporate bookings please contact our booking team on (08) 6319 5300 or email [info@rainesresources.com.au](mailto:info@rainesresources.com.au)

Upskill today  
with Raines Resources

Our training and licensing services are led by Alan Raines, a seasoned expert with over 30+ years of hands-on experience in the construction, transport, and mining industries.



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