

Manual Handling Refresher Program



What's it all about?

This comprehensive three and a half hour non-accredited program is tailored to refresh and enhance your knowledge of assisting individuals with various mobility needs, focusing on a range of scenarios and techniques commonly encountered in caregiving and support roles.

By the end of this program, you will have gained a renewed understanding of how to provide optimal care while prioritising the safety and comfort of those you assist. Through a combination of theoretical insights, practical demonstrations, and hands-on exercises, you will refresh the skills required and confidence to perform these tasks effectively and safely for both yourself and your clients. Our experienced facilitators will guide you step by step, ensuring you grasp each technique and principle thoroughly.

Upon successful completion of the Manual Handling Refresher program, participants will receive a Statement of Attendance.

Topics covered in this unit:

- Walking – one and two person assistance
- Stand transfer – one and two person
- Stand lifter
- Full sling lifter
- Repositioning in chair
- Bed manoeuvres
- Assisting person into and out of a car
- Placing wheelchair in and out of a car

Program Delivery

This three and a half hour refresher is delivered and assessed by an industry subject matter expert, within a traditional classroom environment. It allows for delivery of the information, as well as practical activities in our fully equipped Skills Labs, allowing for application into everyday work practice.

Who should do this program?

This unit is relevant for current workers in the Aged Care, Disability, and Home and Community sectors, who assist clients with their mobility needs.

Entry Requirements

Participants should have prior training in manual handling techniques, connected to client care, ideally having completed a relevant qualification or other organisational program. Individuals should have practical experience in caregiving, healthcare, support work, or related fields.

Program Schedule for 2026

Dates: January - Thu 22nd
 February - Wed 4th, Wed 11th, Thu 19th & Thu 26th
 March - Tue 3rd, Tue 10th, Thu 19th & Wed 25th
 April - Thu 2nd, Thu 9th, Thu 16th & Thu 23rd
 May - Wed 6th, Wed 13th & Wed 27th
 June - Tue 2nd, Tue 9th & Tue 23rd

Time: 1:00pm – 4:30pm
 (12:45pm arrival for 1:00 pm start)

Venue: Time Education & Training
 83-87 Henley Beach Rd, Mile End SA 5031

What to bring:

- Fully enclosed shoes as well as comfortable clothes suitable for practical exercises
- Tea and coffee will be provided

How do I enrol?

Contact our Client Relationship Managers by:

- Calling; 08 8351 9888; or
- Emailing; hello@time.net.au

We will be pleased to provide clarification or additional information on request.