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| Manual handling |
| Target core skillsThis task covers ASCF:* Learning, Writing and Oral Communication at Level 3
* Writing Level 2.
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| Target audienceThis task is suitable for a range of workplaces. |
| Content coverageThis task requires the candidate to operate a computer to locate a video clip on the YouTube website, replay the clip and stop and start the clip as needed. It also asks the candidate to listen to the clip and make a list of the key points. After watching the clip the candidate must demonstrate correct manual handling and explain some key terms.  |
| Instructions to assessorThis task requires the candidate to:* operate a computer to watch a YouTube video clip
* interpret the video clip.

The assessor will need to have access to a computer for this task. In order to elicit evidence at ACSF Learning Level 3 it is important that the candidate independently operates the computer.The candidate may need to watch the clip twice prior to completing the activities. |
| ACSF mapping |
| **Question** | **ACSF skill level indicator** | **Domain of Communication** |
| 1 | 3.01 3.02 2.05 or 3.05 2.06 or 3.06 3.08  | Workplace and employment and/or Education and training |
| 2 | 3.01 3.02  |
| 3  | 3.07 3.08 |

# Manual handling

Access the video at [www.youtube.com/watch?v=Cb7r388JF2g](http://www.youtube.com/watch?v=Cb7r388JF2g) and watch it from start to finish. You may like to jot down some notes as you watch.

Answer the following questions.

* 1. Make a list of the key points for safe lifting in the workplace as outlined in the video clip. Use the lines provided below. Check your work by watching the clip again without stopping it.

* 1. Demonstrate the correct way to pick up the package provided by the assessor and carry it to the requested destination.
	2. The following terms are used in the video clip. In your own words explain what you think the speaker means by the terms:
* *assess the task*
* *get a broad base*
* *pivot on your feet when moving.*