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| Safe lifting in the workplace | | |
| Target core skills This task covers ASCF Learning and Oral communication (Listening) at Level 2. | | |
| Target audience This task focuses on manual handling. It can be used with candidates from any industry area. | | |
| Content coverage The stimulus for this task is a video clip that demonstrates safe manual handling techniques. The task requires the candidate to listen to, and follow instructions. | | |
| Instructions to assessor Ask the candidate to:   * access a video clip via the Internet * watch the video twice * demonstrate safe lifting techniques based on the information in the video.   You will need to provide the candidate with a package and ask him/her to move it to a different place, using the techniques demonstrated in the video. | | |
| ACSF mapping | | |
| **Question** | **ACSF skill level indicator** | **Domain of Communication** |
| No numbering | 2.01 2.02 and 2.08 | Workplace and employment and/or  Education and training |

# Safe lifting in the workplace

Access the video clip at [www.youtube.com/watch?v=Cb7r388JF2g](http://www.youtube.com/watch?v=Cb7r388JF2g) and watch it through twice.

Demonstrate the correct way to pick up the package provided by the assessor and carry it to the requested destination.