

Specification of Competency Standards
for the Logistics Industry
Unit of Competency

Functional Area - Occupational Safety and Health

Title	Handle bulk cargoes manually
Code	LOCUSH106B
Range	This unit of competency is applicable to all kinds of logistics companies. Practitioners should be capable to apply the correct way of manual lifting and handling in logistics workplaces.
Level	1
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Possess basic knowledge of manual handling safety</p> <ul style="list-style-type: none"> • Understand the correct way of manual lifting and handling • Understand the guidelines for manual handling operation • Understand the relationship between manual operation and suitable rest • Understand the effects of incorrect lifting and handling <ul style="list-style-type: none"> ○ The effects on the waist, the back and the body ○ Causes of manual lifting injuries • Understand the use of machinery or tools to help handling and lifting cargoes, and the effects of incorrect use <p>2. Handle bulk cargoes manually</p> <ul style="list-style-type: none"> • Check the type, size and weight of the cargo • Check the external condition of the cargo to see if it is fit for manual handling • Master the appropriate movement route • Master the auxiliary tools or protective equipment needed • Apply the correct way of manual lifting and handling • Wear suitable attire and protective equipment for cargo lifting and transfer • Shift the gravity of cargo toward the body when carrying it • Implement correct procedures for the actions of cargo transfer, changing the moving direction, lifting and putting down, etc.
Assessment Criteria	<p>The integrated outcome requirement of this unit of competency is:</p> <ul style="list-style-type: none"> • Capable to handle bulk cargoes manually or with the use of ancillary machinery or tools in a correct and safe way.
Remark	