



# Osteopathic Solutions

UK & Ireland Ltd

## 2 Day Manual Handling Instructor & Risk Assessor Course

£1595 to qualify up to 8 Attendees  
including Manual Handling Training Videos Box-Set



### Learning Outcomes

- Attendees will have knowledge of the relevant laws related to Manual Handling including the Health & Safety at Work Act, the Manual Handling Operations Regulations, the Provision & Use of Work Equipment Regulations, & the Reporting of Injuries, Diseases & Dangerous Occurrences Regulations
- Attendees will understand the economic & social impacts of Musculoskeletal Disorders
- Attendees will obtain a knowledge & understanding of simple anatomy & biomechanics of the spine, and the musculoskeletal system
- Attendees will have a comprehensive understanding of hazardous lifting, carrying, lowering, pushing, pulling, pulling & team handling practices
- Attendees will understand the Manual Handling Risk Assessment Process & have competency to conduct onsite Manual Handling Risk Assessments & identify practical solutions to lower MSD Risk



## Learning Outcomes (continued)

- Attendees will be able to critique current Manual Handling Risk Assessment forms & improve if necessary
- Attendees will have the knowledge & understanding of Optimal Manual Handling principles & to be able to demonstrate practical competency in Optimal Manual Handling techniques & practices including lifting & lowering (squat & lunge technique) carrying, pushing, pulling & team handling (including team pushing & pulling)
- Attendees will have competency in effective teaching of Optimal Manual Handling techniques & practices in any working environment, constructing & delivering in house Induction & Refresher Courses

### Course Outline

#### Day 1

9.00 - 9.15

- Instructor & Attendee Induction
- Course Outline





### 9.15 - 10.30

- Relevant law in Manual Handling
- Symptoms of Musculoskeletal Disorders (MSDs)
- Basic Anatomy of the Spine - Muscles/ Ligaments/ Joints/ Discs
- Basic Biomechanical function of the Spine
- Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders

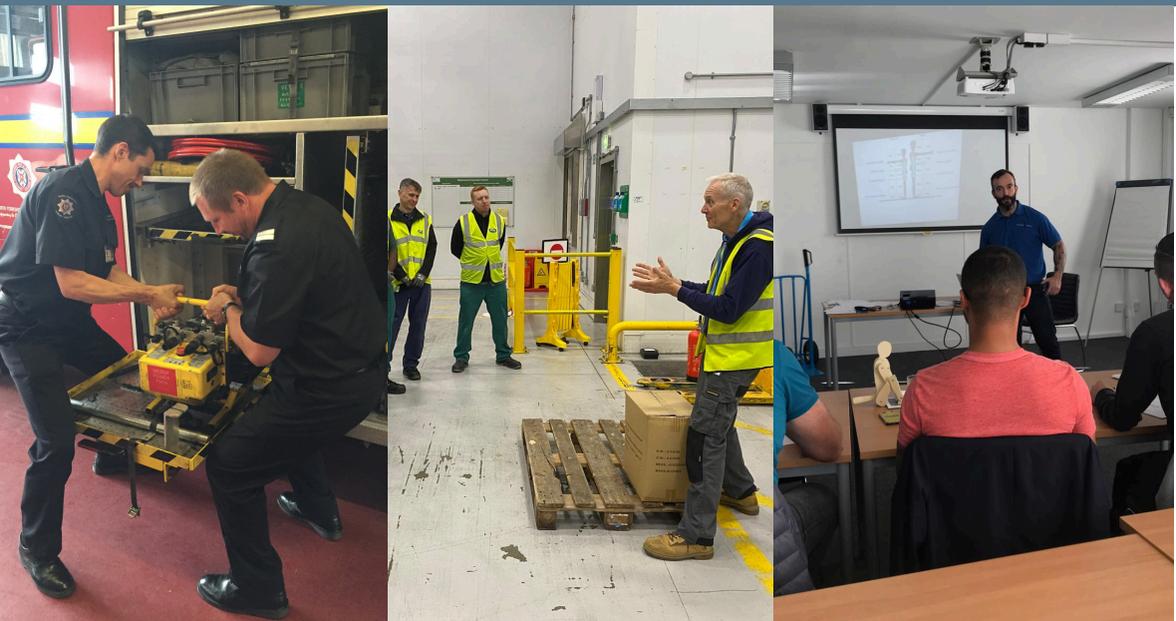
### 10.30 - 11.30

- Video footage of hazardous lifting, carrying, lowering, pushing & pulling

### 11.30 - 12.45

- Manual Handling Risk Assessment
- MAC Tool (or RAPP Tool) - Video Training (Group Learning)

### 12.45 - 1.30 Lunch





### 1.30 - 4.30

- Practical Demonstrations & Group Practical - Optimal Lifting
- Postural Awareness & Squat Warm Up
- Semi Squat Lifting & Lowering
- Full Squat Lifting & Lowering
- Lunge Lifting & Lowering
- Carrying Loads
- Team Lifting, Carrying & Lowering

### Day 2

### 9.00 - 10.30

- Manual Handling Risk Assessment
- Task/ Load/ Environment/ Individual
- Load Weight Guidance
- Awareness of the ART & REBA Tools
- HSE Assessment Checklists
- Common Solutions to lower risk



10.30 - 12.45

- Practical Demonstrations & Group Practical
- Pushing & Pulling
- Team Pushing & Pulling

12.45 - 1.30 Lunch

1.30 - 3.00

- Practical Demonstrations & Group Practical
- Practical Questions & Answers
- Flawed & Negligent Manual Handling Techniques taught by UK Training Providers

3.00 - 3.45

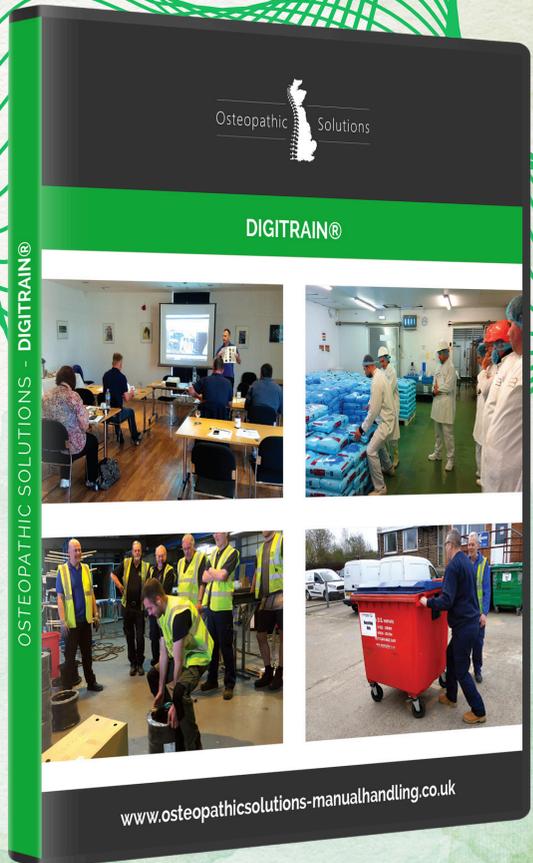
- Effective Teaching Skills
- Preparation for Teaching Practice
- 2 Hour Course Development - Content/ Delivery/ Organisation
- Initial Workforce Training
- Refresher Training
- *Osteopathic Solutions* Products & Services to support *Target-Zero* Workplace Musculoskeletal Disorders

3.45 - 4.30

- Written Assessment



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# The 'How to Use' Package

Our Occupational Osteopath & Manual Handling Expert travels to your site to show you exactly how to expertly use DigiTrain® over 1 Day.

Although DigiTrain® is a very straightforward product, many of our Clients like to be taken through its content to ensure best usage.

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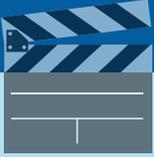
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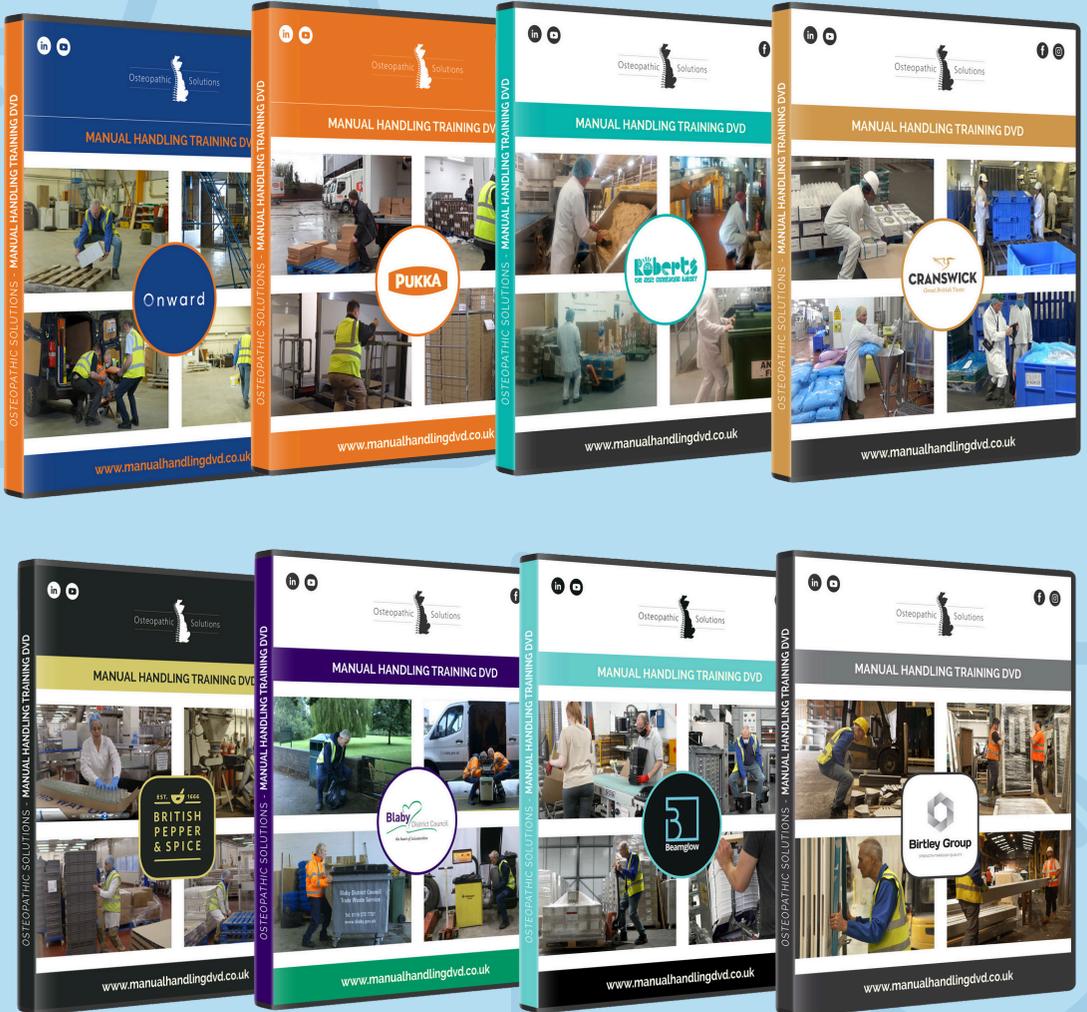
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