



Osteopathic Solutions
UK & Ireland Ltd

2 Hour Grounds Maintenance, Parks & Open Spaces Manual Handling Practical Skills Course

£795 to upskill up to 30 Attendees over 1 Day



Learning Outcomes

- Attendees will obtain a basic understanding of spinal biomechanics/ movement
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of hazardous lifting, carrying, lowering, pushing, pulling & team handling
 - Attendees will obtain an enhanced postural awareness
- Attendees will be competent in Optimal lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment
- Attendees will be able to apply Optimal Manual Handling techniques & practices to awkward loads in their working environment
- Attendees will be able to critique biomechanically flawed techniques & practices taught in previous Manual Handling Training
 - Attendees will reduce the likelihood of suffering a Manual Handling Injury at work & outside of work



Course Outline

50 minutes

Practical Demonstrations & Group Practical

- Postural Awareness
- Semi Squat Lifting & Lowering *
- Full Squat Lifting & Lowering *
- Lunge Lifting & Lowering *
- Carrying Loads *

*Loads to include Strimmers, Hedge Trimmers, Bagged loads, Waste Bags, Petrol Sucker Blowers, Turf etc.

35 minutes

Practical Demonstrations & Group Practical

- Pushing & Pulling **
- Team Pushing & Pulling ***

**Loads to include Mowers & Wheelbarrows

***Loads to include Trailers

35 minutes

- Communication Skills & Team Handling
- Practical Demonstrations & Group Practical
- Team Lifting, Carrying & Lowering ****

****Loads to include Generators & Mowers (from vehicle/onto vehicle)