



**YOUR TOTAL  
MANUAL HANDLING RISK  
MANAGEMENT NEEDS COVERED**



**TRAINING**



**PRODUCTS**



**RISK ASSESSMENTS**



**CONSULTANCY**

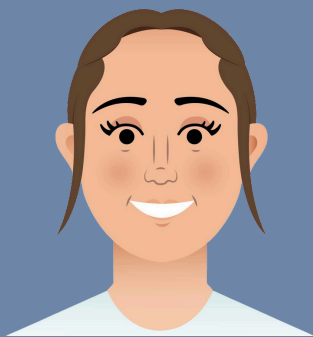


**SORRY!  
WE'RE  
CLOSED**

NEW  
2024  
EDITION

Leverage Your Pay Rise through  
Expert MSD Risk Management

**GARETH MILNER**  
BSc. Sports Osteopathy



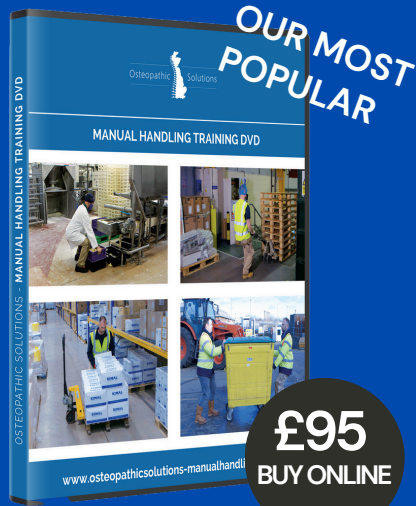
# PRODUCTS



**£50**  
BUY ONLINE

## TRAIN IN 15

- 15 MINUTE MANUAL HANDLING TRAINING VIDEO FILMED AT FOOD FACTORY, MANUFACTURING SITE, WAREHOUSE & COUNCIL DEPOT
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT INCLUDED
- LEVERAGING BUSINESS GROWTH



**£95**  
BUY ONLINE

## MANUAL HANDLING TRAINING DVD

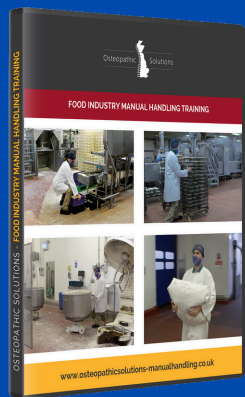
- AVAILABLE TO PURCHASE AS A DVD OR USB BOX SET
- FILMED AT FOOD FACTORY, MANUFACTURING SITE, WAREHOUSE & COUNCIL DEPOT
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT INCLUDED
- LEVERAGING BUSINESS GROWTH



**£495**  
BUY ONLINE

## DIGITRAIN®

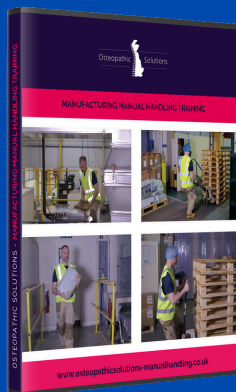
- BRINGS MANUAL HANDLING TRAINING 100% IN-HOUSE
- INDEFINITE IN-HOUSE TRAINING OF MANUAL HANDLING INSTRUCTORS
- NO YEARLY LICENSES
- REMOVES COSTS & ADMINISTRATION OF EXTERNAL TRAINING COMPANIES
- UPSKILLS SAFETY MANAGERS
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- CLEAR & REPEATABLE MESSAGE ACROSS SITES
- ONLY UK PRODUCT OF ITS KIND
- LEVERAGING BUSINESS GROWTH



**£95**  
BUY ONLINE

## FOOD INDUSTRY MANUAL HANDLING TRAINING VIDEO

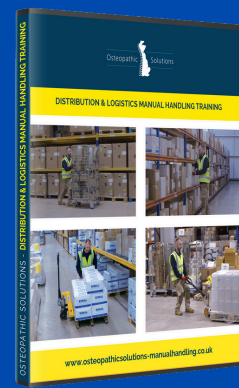
- FILMED AT UK FOOD FACTORY
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT INCLUDED
- LEVERAGING BUSINESS GROWTH



**£95**  
BUY ONLINE

## MANUFACTURING MANUAL HANDLING TRAINING VIDEO

- FILMED AT UK MANUFACTURING SITE
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT INCLUDED
- LEVERAGING BUSINESS GROWTH



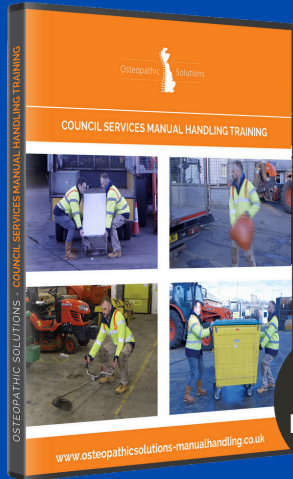
**£95**  
BUY ONLINE

## DISTRIBUTION & LOGISTICS MANUAL HANDLING TRAINING VIDEO

- FILMED AT UK WAREHOUSE
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT INCLUDED
- LEVERAGING BUSINESS GROWTH

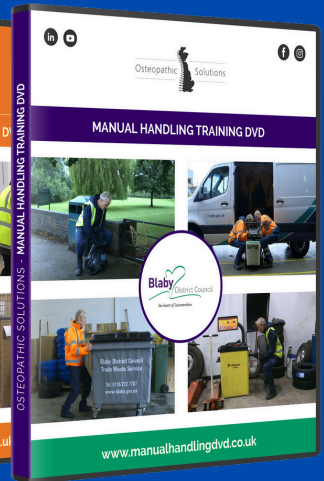


# PRODUCTS



**£95**  
BUY ONLINE

- FILMED AT COUNCIL WASTE SERVICES & GROUNDS MAINTENANCE DEPOT
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT INCLUDED
- LEVERAGING BUSINESS GROWTH

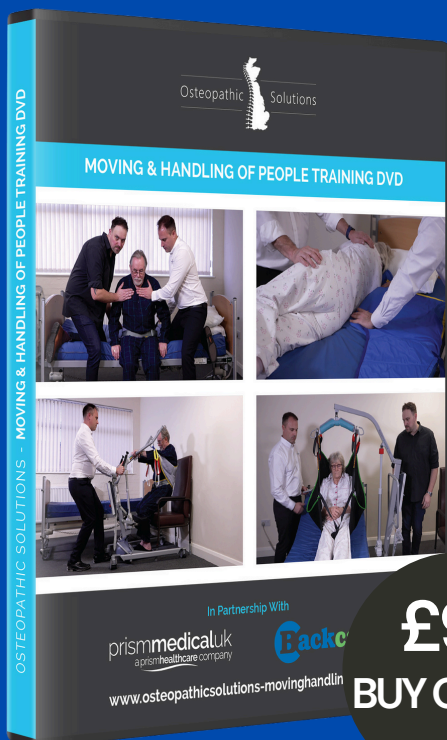


## BESPOKE MANUAL HANDLING TRAINING DVD VIDEO

- CUSTOMISED TASKS FILMED AT YOUR SITE
- PROFESSIONALLY FILMED BY OUR VIDEOGRAPHER & MANUAL HANDLING EXPERT INSTRUCTOR
- 15 MINUTE & 30 MINUTE VIDEO OPTIONS
- EMPLOYEE ASSESSMENT PACK INCLUDED
- PROFESSIONAL PRODUCTION TEAM
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- LEVERAGING BUSINESS GROWTH



## MOVING & HANDLING OF PEOPLE TRAINING BLU-RAY



**£95**  
BUY ONLINE

- AVAILABLE TO PURCHASE AS A BLU-RAY OR USB BOX SET
- 25 TECHNIQUE & TRANSFER SECTIONS
- 3 HOURS OF VIDEO TRAINING CONTENT
- INDUCTION & REFRESHER TRAINING
- EMPLOYEE ASSESSMENT INCLUDED
- CQC & HSE COMPLIANCE
- REDUCES MOVING & HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- LEVERAGING BUSINESS GROWTH
- PRODUCED IN PARTNERSHIP WITH PRISM MEDICAL



# ONSITE TRAINING

REDUCING MANUAL HANDLING LOST TIME ACCIDENTS,  
INJURY CLAIMS & LEGAL FEES LEVERAGING BUSINESS GROWTH



- COURSES ACCREDITED BY THE CPD GROUP
- BESPOKE MANUAL HANDLING PROGRAMMES
- COURSES RUN BY OCCUPATIONAL OSTEOPATHS
- INHERENTLY PRACTICAL IN CONTENT
- INDEFINITE POST COURSE/ TRAINING SUPPORT

## 3 DAY MANUAL HANDLING INSTRUCTOR ASSESSOR COURSE

£2995

FOR UP TO 8 ATTENDEES

## 2 DAY MANUAL HANDLING INSTRUCTOR ASSESSOR COURSE

£1995

FOR UP TO 6 ATTENDEES

## 1 DAY MANUAL HANDLING INSTRUCTOR CPD COURSE

£995

FOR UP TO 6 ATTENDEES

## WORKFORCE BESPOKE MANUAL HANDLING TRAINING

PRACTICAL, TASK SPECIFIC & FROM ONLY £23.16 PER EMPLOYEE

PITCHED SIMPLY TO YOUR WORKFORCE BY OUR EXPERT MANUAL HANDLING INSTRUCTORS, BEING OCCUPATIONAL OSTEOPATHS, OUR JARGON FREE 3 HOUR, 2 HOUR & 1 HOUR PRACTICAL SKILLS COURSES TEACH YOUR WORKFORCE 'BACKSAFE' LIFTING, CARRYING, LOWERING, PUSHING, PULLING & TEAM HANDLING IN YOUR EMPLOYEES' WORKING ENVIRONMENTS

## 3 HOUR MANUAL HANDLING PRACTICAL SKILLS COURSE

£795

UP TO  
15  
ATTENDEES

THE COST FOR 2 X 3 HOUR COURSES OR  
1 X 3 HOUR COURSE OVER 1 DAY IS £795.

THIS COST IS INCLUSIVE OF COURSE  
CUSTOMISATION & OUR TRAVEL EXPENSES

## 2 HOUR 100% PRACTICAL MANUAL HANDLING PRACTICAL SKILLS COURSE

£795

UP TO  
10  
ATTENDEES

THE COST FOR 3 X 2 HOUR COURSES OR  
1 X 2 HOUR COURSE OVER 1 DAY IS £795.

THIS COST IS INCLUSIVE OF COURSE  
CUSTOMISATION & OUR TRAVEL EXPENSES

## 1 HOUR 100% PRACTICAL MANUAL HANDLING PRACTICAL SKILLS COURSE

£795

UP TO  
5  
ATTENDEES

THE COST FOR 6 X 1 HOUR COURSES OR  
1 X 1 HOUR COURSE OVER 1 DAY IS £795.

THIS COST IS INCLUSIVE OF COURSE  
CUSTOMISATION & OUR TRAVEL EXPENSES





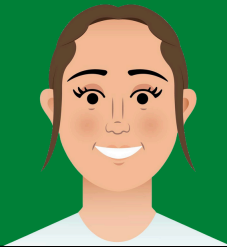
# DIGITRAIN®

ONLY  
**£495**  
BUY ONLINE

THE PRODUCT  
EVERYONE IN THE  
INDUSTRY  
HAS BEEN TALKING  
ABOUT!

"WANT TO SAVE  
YOUR BUSINESS  
£48,000 OVER  
5 YEARS?"

## OUR UNIQUE & INNOVATIVE DIGITAL PRODUCT FOR HEALTH, SAFETY & TRAINING PROFESSIONALS



### DIGITRAIN® BENEFITS

- BRINGS MANUAL HANDLING TRAINING 100% IN-HOUSE
- ENABLING INDEFINITE IN-HOUSE TRAINING OF MANUAL HANDLING INSTRUCTORS
- REMOVES COSTS & ADMINISTRATION OF EXTERNAL TRAINING COMPANIES
- UPSKILLS HEALTH & SAFETY MANAGERS
- REDUCING MANUAL HANDLING ACCIDENTS
- REDUCES MANUAL HANDLING INJURY CLAIMS & LEGAL FEES
- COMPLIANCE WITH MANUAL HANDLING OPERATION REGULATIONS
- CLEAR & REPEATABLE MESSAGE ACROSS SITES
- LEVERAGING BUSINESS GROWTH WITH EFFECTIVE MANUAL HANDLING RISK MANAGEMENT

"THE ONLY  
UK PRODUCT  
OF IT'S KIND"

ONLY  
**£495**  
BUY ONLINE



## I CAN SAVE OUR BUSINESS £48,000?! TELL ME MORE

THE COST OF OUR UNIQUE, INNOVATIVE PRODUCT IS JUST £495 (A £300 DISCOUNT WITH AN ONLINE PURCHASE). THAT'S 25% OF THE COST OF OSTEOPATHIC SOLUTIONS\* ONSITE 2 DAY MANUAL HANDLING INSTRUCTOR COURSE WHICH IS PRICED AT A HIGHLY COMPETITIVE £1995. WITH THE EMPLOYMENT COSTS OF YOUR IN-HOUSE INSTRUCTOR OVER THE 2 DAY COURSE, THAT IS A SAVING OF AROUND £1000\* FOR THE FIRST COURSE DELIVERED. EACH COURSE AFTER WILL SAVE AROUND £1600\*. IF YOU ARE PART OF A BIG UK GROUP (AS DIGITRAIN® IS A USB, ALL YOUR CONTENT TO YOUR GROUP INTRANET) IF FOR EXAMPLE YOUR GROUP RAN 6 X 2 DAY COURSES OVER A 12 MONTH PERIOD, THAT WOULD SAVE YOUR BUSINESS AROUND £9600, NOT TO MENTION THE COSTS OF ADMINISTRATION. IN 5 YEARS, THAT IS A SAVING OF £48,000. ALL FOR ONLY £495 WHEN YOU BUY ONLINE BY CREDIT CARD OR PAYPAL.

\*USING OSTEOPATHIC SOLUTIONS 2 DAY COURSE COST.

# CONSULTANCY

## MANUAL HANDLING & ERGONOMIC RISK ASSESSMENT



£995

### OPTION 1 VIRTUAL RISK ASSESSMENT

- 7 TASKS COVERED
- YOU SEND US VIDEO FOOTAGE OF YOUR STAFF MEMBERS CARRYING OUT YOUR CHOSEN 7 PROBLEMATIC SITE TASKS
- MICROSOFT TEAMS CONSULTATION WITH OUR DIRECTOR & MANUAL HANDLING EXPERT GARETH MILNER
- GARETH WRITES THE RISK REDUCTION REPORT WHICH IS EMAILED ON COMPLETION

£1995

### OPTION 2 ONSITE 1 DAY CONSULTANCY

- 7 TASKS COVERED
- OUR MANUAL HANDLING RISK ASSESSOR TRAVELS TO YOUR SITE TO DO A SITE TOUR, ASSESSING YOUR CHOSEN PROBLEMATIC TASKS WHILE TAKING VIDEO FOOTAGE & NOTES
- OUR MANUAL HANDLING RISK ASSESSOR WRITES THE RISK REDUCTION REPORT WHICH IS EMAILED ON COMPLETION

£3995

### OPTION 3 ONSITE 1 DAY CONSULTANCY

- ALL SITE TASKS COVERED
- OUR MANUAL HANDLING RISK ASSESSOR TRAVELS TO YOUR SITE TO DO A SITE TOUR, ASSESSING ALL YOUR TASKS WHILE TAKING VIDEO FOOTAGE & NOTES
- OUR MANUAL HANDLING RISK ASSESSOR WRITES THE RISK REDUCTION REPORT WHICH IS EMAILED ON COMPLETION



### OPTION 1. EMPLOYEE MUSCULOSKELETAL DISORDER ASSESSMENT MANUAL HANDLING RISK ASSESSMENT & TRAINING CONSULTANCY

- CASE HISTORY & PHYSICAL EXAMINATION TO CONFIRM DIAGNOSIS (45 MINUTES)
- MANUAL HANDLING RISK/ ERGONOMIC ASSESSMENT OF EMPLOYEE TASKS (1 HOUR)
- 1-2-1 MANUAL HANDLING PRACTICAL SKILLS TRAINING (75 MINUTES)

THE COST OF THIS CONSULTANCY IS £995 TO COVER UP TO 2 EMPLOYEES OVER 1 DAY.

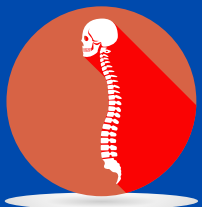
THE COST OF EACH EMPLOYEE'S MANUAL HANDLING RISK ASSESSMENT/ MEDICO LEGAL REPORT IS £295.

### OPTION 2. EMPLOYEE MUSCULOSKELETAL DISORDER ASSESSMENT

EMPLOYEES CAN BE ASSESSED IN AN ONSITE CONSULTANCY INCLUDING THE CASE HISTORY AND PHYSICAL EXAMINATION USING MEDICAL, ORTHOPEDIC, NEUROLOGICAL AND OSTEOPATHIC EXAMINATION TO CONFIRM DIAGNOSIS.

THE COST OF THIS CONSULTANCY £995 TO COVER UP TO 6 EMPLOYEES OVER 1 DAY.

THE COST OF EACH EMPLOYEE'S MEDICO LEGAL REPORT IS £195.





# SORRY! WE'RE CLOSED



YOUR GO-TO BUSINESS  
ENCYCLOPEDIA TO  
LEVERAGE BUSINESS  
GROWTH & YOUR  
SALARY

ONLY  
**£19.99**

BUY

[OSTEOPATHICSOLUTIONS-MANUALHANDLING.CO.UK/  
PRODUCT-PAGE/SORRY-WE-RE-CLOSED-BOOK-BY-GARETH-MILNER](https://osteopathicsolutions-manualhandling.co.uk/product-page/sorry-we-re-closed-book-by-gareth-milner)

"A BUSINESS BOOK  
I WISH I READ  
SOONER "



"THROUGH REAL LIFE BUSINESS  
TRAUMA OF INJURY AT WORK CLAIM  
PAYOUTS & 50 HAND-PICKED, MANUAL  
HANDLING RISK MANAGEMENT GEMS  
OF ACTIONABLE TIPS, SORRY! WE'RE  
CLOSED PRESENTS A REMARKABLE  
RECIPE FOR ENSURING YOUR BUSINESS  
STAYS OPEN. PROFITABLE & NOT  
SUPPLYING THAT FORMER EMPLOYEE  
WITH A 5 STAR, ALL-INCLUSIVE  
HOLIDAY TO THE MALDIVES"

# MUSCULOSKELETAL DISORDER REHABILITATION

## STRETCHING & PILATES CORE STABILITY EXERCISE CLASS

OUR NATIONWIDE TEAM OF REGISTERED OSTEOPATHS SPECIALISE IN THE EXPERT PROVISION OF ONSITE STRETCHING & PILATES CORE STABILITY CLASSES. THESE 1 HOUR CLASSES WILL AID YOUR EMPLOYEES TO PREVENT BACK INJURIES & FOR THOSE WHO HAVE SUFFERED A BACK INJURY FROM A MANUAL HANDLING ACCIDENT, SELF TREAT THEIR INJURY REDUCING MANUAL HANDLING LOST TIME ACCIDENTS, INJURY CLAIMS & LEGAL FEES. THESE 1 HOUR CLASSES ARE ALSO INDICATED FOR EMPLOYEES WHO REGULARLY USE DISPLAY SCREEN EQUIPMENT (DSE).



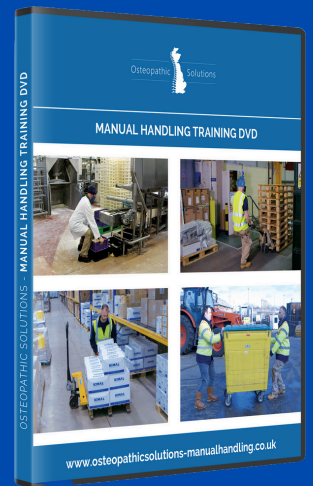
## 1 HOUR STRETCHING & PILATES CORE STABILITY EXERCISE CLASS

THE COST FOR 6 X 1 HOUR CLASSES OR 3 X 1 HOUR CLASSES OVER 1 DAY IS £895.

### INCLUDES:

- EMAILED ATTENDEE CERTIFICATION
- FREE MANUAL HANDLING DVD (PICTURED)
- CLASSES RUN BY MEDICAL PROFESSIONALS
- IDEAL FOR HEALTH AND WELLBEING WEEKS

FROM  
**£29**  
PER  
ATTENDEE



# PUBLIC MANUAL HANDLING INSTRUCTOR COURSES

LONDON

LEEDS

GLASGOW

MANCHESTER



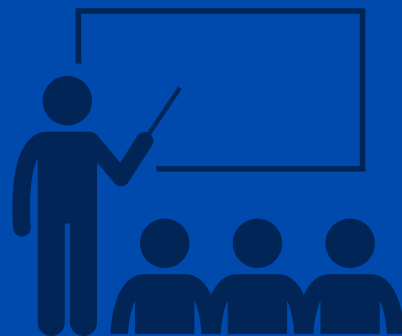




**£595**

PER  
ATTENDEE

- COURSES ACCREDITED BY THE CPD GROUP
- COURSES RUN BY OUR OCCUPATIONAL OSTEOPATHS
- INHERENTLY PRACTICAL IN CONTENT
- CERTIFICATION & COURSE BOOKLET INCLUDED
- INDEFINITE POST COURSE SUPPORT
- COURSE DATES LISTED ON OUR WEBSITE



## WEBINARS

EACH WEEK OUR DIRECTOR GARETH MILNER RUNS  
INSIGHTFUL & EDUCATIONAL FREE TO ATTEND WEBINARS:

FRIDAY 3PM MANUAL HANDLING Q&A WEBINAR

FRIDAY 1PM BACKCARE Q&A WEBINAR



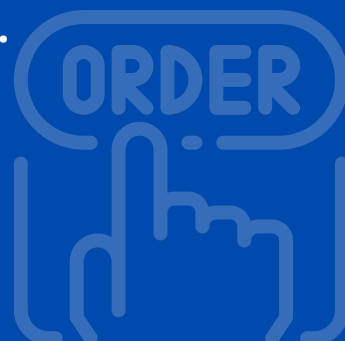
## HOW TO ORDER ANY PRODUCTS OR SERVICES WITH US



BOOK BY EMAIL & PAY BY BACS AFTER INVOICE.  
RING 0845 299 3513 TO RECEIVE OUR EMAIL

OR

BOOK/ORDER ONLINE ON OUR WEBSITE:  
**OSTEOPATHICSOLUTIONS-  
MANUALHANDLING.CO.UK**



# MONEY SAVING CONTRACT OPTIONS

LESS MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES

WIN

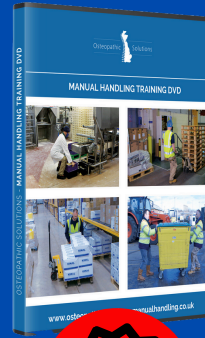


"THINKING OF  
SPENDING A BIT  
MORE WITH US?  
WANT A  
DISCOUNT?"

DISCOUNTED TRAINING & CONSULTANCY  
WITH OUR LONG TERM CONTRACT OPTIONS

OUR 1, 2 & 3 YEAR CLIENT CONTRACTS INCLUDE THE  
FOLLOWING BENEFITS:

- REDUCED TRAINING & CONSULTANCY COSTS
- LONGER PAYMENT TERMS
- FITTER, HEALTHIER 'AT WORK' WORKFORCE
- REDUCED MANUAL HANDLING LOST TIME ACCIDENTS
- FREE PUBLIC INSTRUCTOR COURSE BOOKINGS
- FREE CONSULTANCY DAYS
- FREE MANUAL HANDLING TRAINING DVD
- LESS RIDDOR REPORTS



## 1 YEAR CLIENT CONTRACT FEATURES & BENEFITS

### MINIMUM SPEND

£6,995

### DISCOUNT

5% REDUCTION  
ON STANDARD  
CHARGES

### ADDITIONAL BENEFITS

- 1 FREE DAY OF ONSITE CONSULTANCY OVER THE 1 YEAR CONTRACT TERM
- 1 FREE ATTENDEE BOOKING ON OUR PUBLIC 2 DAY MANUAL HANDLING INSTRUCTOR ASSESSOR COURSE

## 2 YEAR CLIENT CONTRACT FEATURES & BENEFITS

### MINIMUM SPEND

£13,995

### DISCOUNT

7.5% REDUCTION  
ON STANDARD  
CHARGES

### ADDITIONAL BENEFITS

- 2 FREE DAYS OF ONSITE CONSULTANCY



OVER THE 2 YEAR  
CONTRACT TERM

- 2 FREE ATTENDEE  
BOOKINGS ON OUR  
PUBLIC 2 DAY MANUAL  
HANDLING INSTRUCTOR  
ASSESSOR COURSE

## 3 YEAR CLIENT CONTRACT FEATURES & BENEFITS

### MINIMUM SPEND

£20,995

### DISCOUNT

10% REDUCTION ON  
STANDARD  
CHARGES

### ADDITIONAL BENEFITS

- 3 FREE DAYS OF  
ONSITE CONSULTANCY  
OVER THE 3 YEAR  
CONTRACT TERM  
  
- 2 FREE ATTENDEE  
BOOKINGS ON OUR  
PUBLIC 2 DAY  
MANUAL HANDLING  
INSTRUCTOR  
ASSESSOR COURSE

## INTERESTED IN MORE INFORMATION?

IF YOU ARE INTERESTED IN OUR 1, 2, OR 3 YEAR CLIENT  
CONTRACT OPTIONS PLEASE CONTACT OUR DIRECTOR  
GARETH MILNER ON 0845 299 3513 TO DISCUSS OUR  
UNIQUE PROGRAMME & THE FEATURES & BENEFITS OF  
LONG TERM CONTRACTING WITH US.



OSTEOPATHICSOLUTIONS-MANUALHANDLING.CO.UK



0845 299 3513



LINKEDIN.COM/IN/GARETH-MILNER-OSTEOPATHIC-SOLUTIONS

