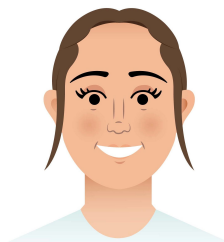




Everything You Need to Know About our Online Manual Handling Training Programme

by Emma Farrell, Training Coordinator & Social Media Manager



If you are reading this Blog post, you may be in the decision making process of choosing an Online Manual Handling Training Programme. Over the last few years, online training has surged in popularity. People are generally busier and technology has made massive advances, therefore online learning is becoming a much more attractive option when it comes to personal and professional development. So, what are the benefits of Online Training?

Lower Costs

If you don't have training facilities onsite, online training will not require you to hire a room. Hiring a room, as we know, will cost the organizer a dime or two. As well as this, there is no need for a trainer to be physically onsite to teach the group, removing this cost altogether.

Self Paced Learning

Among the pros of online education, is learning at your own pace. If you are stuck on a particular area of the course, you can take your time and truly understand it by repeating a section.

Convenience

Online training is available anytime, anywhere, allowing your employees to arrange when and where they take their training. All they need is to access the internet and they are ready to go. This freedom is also likely to make the training more effective. Your employees won't be panicking about what work they should be doing if they were attending a course at a fixed time, not suited to their work schedule/ demands. They'll be able to invest their full attention in their development.

With online learning, as stated above, employees can progress at their own pace. Everyone needs a different amount of time to absorb and process information, therefore face-to-face training is unlikely to be the ideal solution for everyone.

Feedback

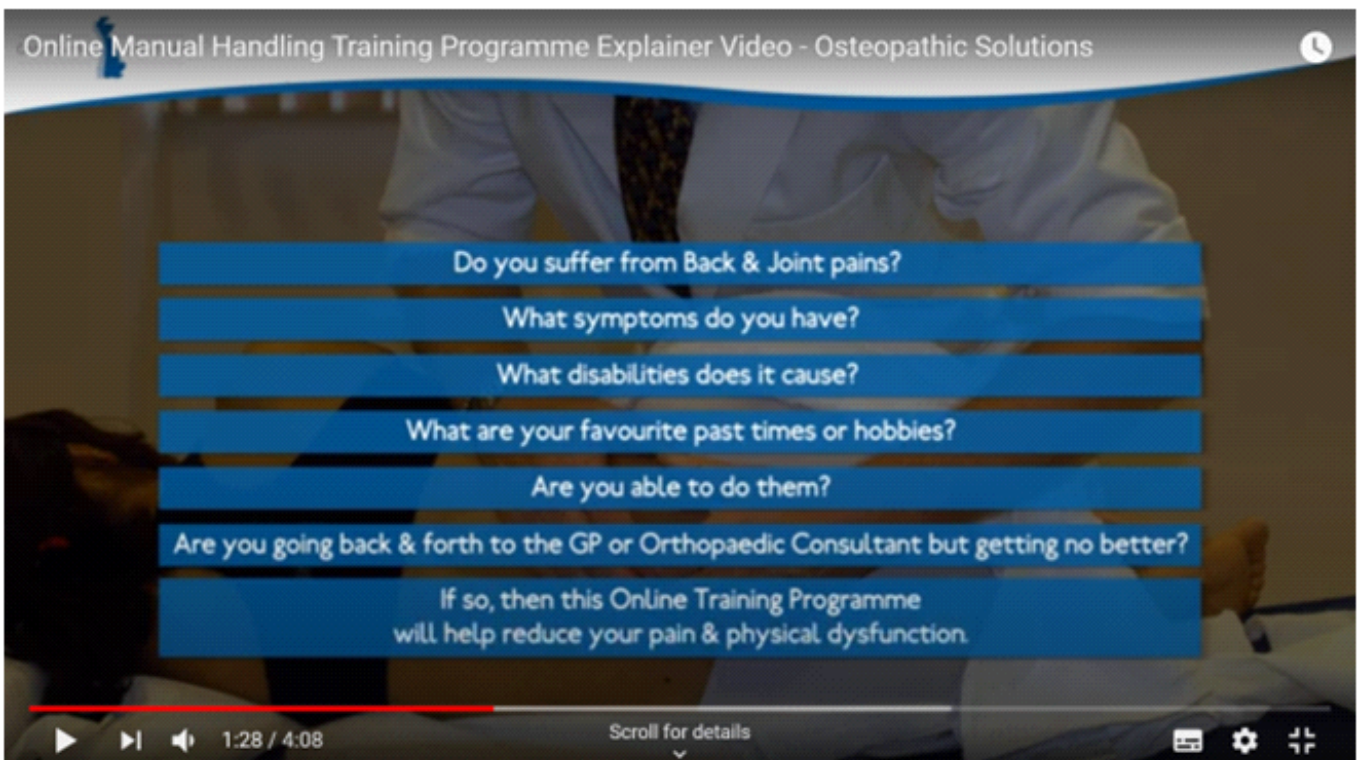
After completing an online course, employees will receive immediate results and feedback on their performance. Users can also track their progress and revisit areas of misunderstanding before completing the assessment. Additionally, the majority of online training courses provide each successful user with a certificate of completion.



Learners can use certificates as evidence of compliance and professional development, making great additions to their CV.

Interactive Programmes inclusive of Video Content have a major benefit

Video encourages thinking and a multi sensory learning experience because they can involve text, moving images and sound. Using multiple senses to understand a concept allows users to make more cognitive connections. It encourages them to understand the concepts better and think deeply.



Osteopathic Solutions Online Manual Handling Training Programme: The Ordering Process

You can watch the demo of our Online Programme on <https://youtu.be/dOmjqBzd2i8>

If you like what you see, you can obtain a Free User Login (red row below on website screenshot).

Want to trial our Online Programme? Get a FREE User Login

Click the FREE USER tab to the right & email us with the subject FREE USER. We will then email your login within 24 hours of receipt of your email. 1 Free User Login is available per company.

FREE USER


"What will your Employees learn?"

Your employees will learn best practice Manual Handling techniques & practices including BackSafe Lifting, Carrying, Lowering, Pushing, Pulling & Team Handling. For the complete Online Programme Learning Outcomes click [here](#)

"What are the Benefits for your Business?"

Your business will be compliant under the Manual Handling Operations Regulations. Your business will suffer less manual handling lost time accidents & injury claims. For more information about the Manual Handling Operations Regulations click [here](#)

Our LMS Provider: Cobblestone Learning

 **COBBLESTONE** LEARNING

Cobblestone Learning are a team of designers who improve workplace performance via customised eLearning courses and programmes. Before working with Cobblestone Learning, we worked with our designer Smart Marketing Solutions to create our Online Manual Handling Training Programme.

Cobblestone Learning then added our programme to their system allowing our users to log in, take our course, before tracking their performance. Cobblestone Learning's team is comprised of Learning professionals, digital content creators and IT professionals. Their founder and Managing Director Sean Delaney has worked in the Training and eLearning Industry for over 15 years, managing teams in Ericsson and eBay before setting up Cobblestone Learning.

Our website page is www.osteopathicsolutions-manualhandling.co.uk/online-manual-handling-training

To purchase our Online Programme we have 2 easy ways.

1. Download our Order Form PDF in the 'How to Order' section, complete it, and then email it to our Director Gareth Milner garethmilner@osteopathicsolutions.co.uk

Online Manual Handling Training Order Form

Client	
Number of users to complete Online Manual Handling Training	
Contract Fee (£20+VAT per user)	£ +VAT
Purchase Order Number	
Accounts Contact Name	
Accounts Contact Email	
Accounts Telephone Number	
Full Invoice Address	

Only £20+vat Per User


Client Learning Management System Login

CPD Certification Service Certified

Only 30 minutes to complete

17 Question Multiple Choice Assessment

How to Order

 Complete & sign the Order Form & return by email to handling@osteopathicsolutions.co.uk

OR

BUY ONLINE

accidents. Being competent in safe manual handling techniques and practices for the workplace is a legal requirement, and this online Manual Handling Course provides everything you need to know about 'BackSafe' practical application of lifting, carrying, lowering, pushing, pulling and team handling technique and practice, including individual manual handling risk assessment based upon the HSE's 'TILE' (or 'LITE') format.

Printable Online Certificate on completion

Available in English, Polish, Czech & Punjabi

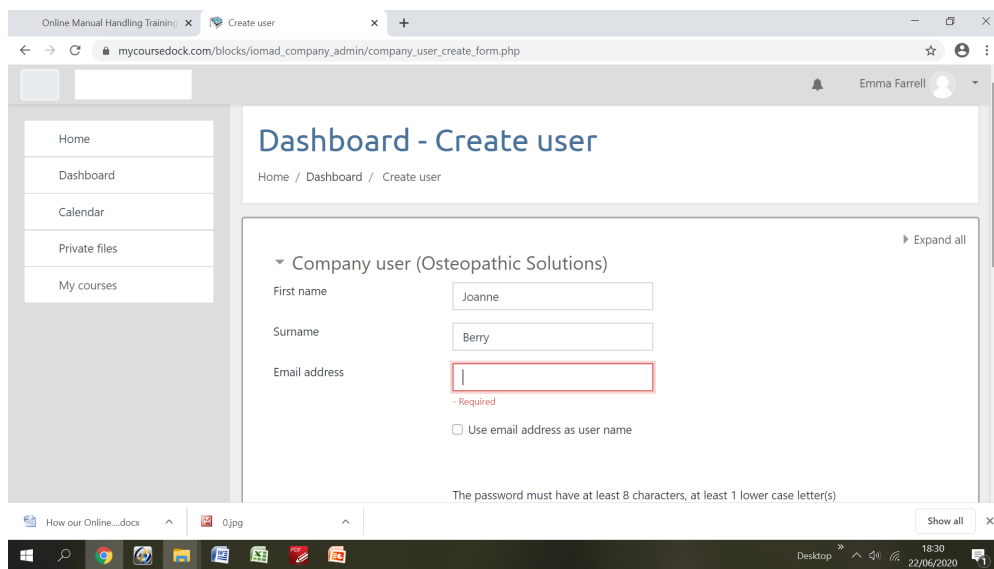
Compliance with Manual Handling Regulations

Inherently Video based Practical Content

Suitable for all Employees, Staff & Managers

2. BUY ONLINE. Complete the Online Order Form & make a secure, online payment. The page for this is www.osteopathicsolutions-manualhandling.co.uk/product-page/online-manual-handling-training-programme

When the order is received our side, we log into our LMS (Learning Management System).

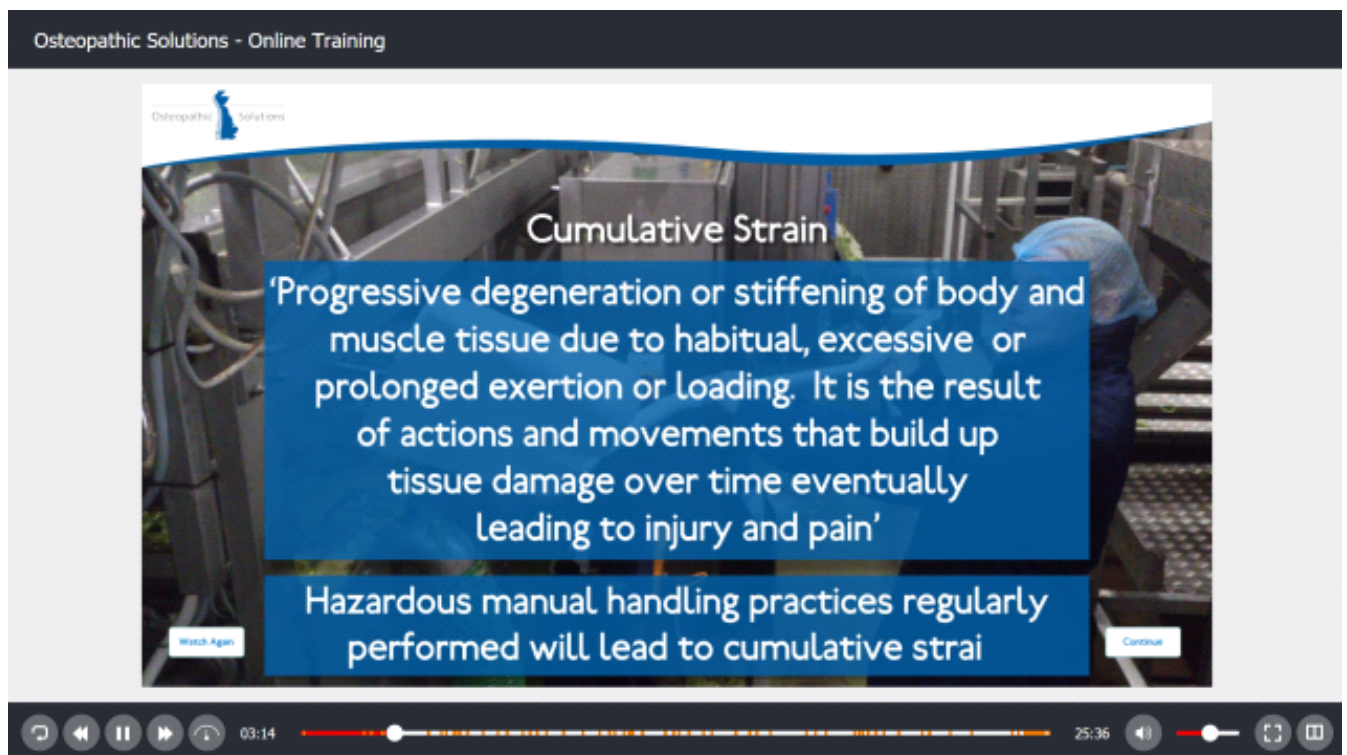


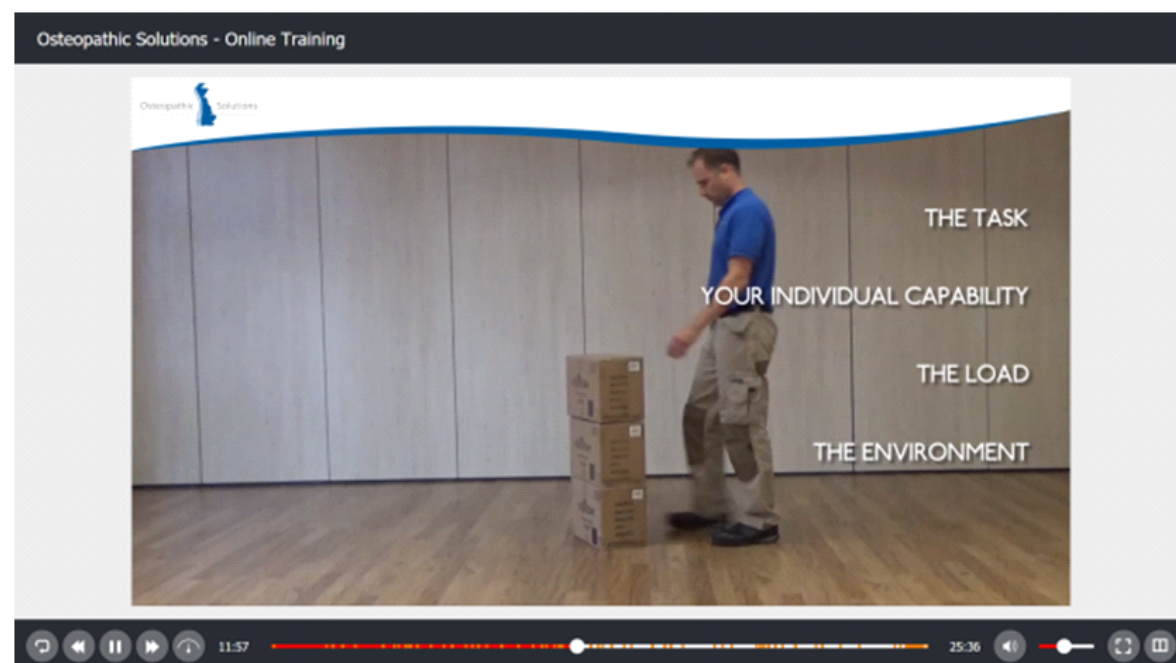
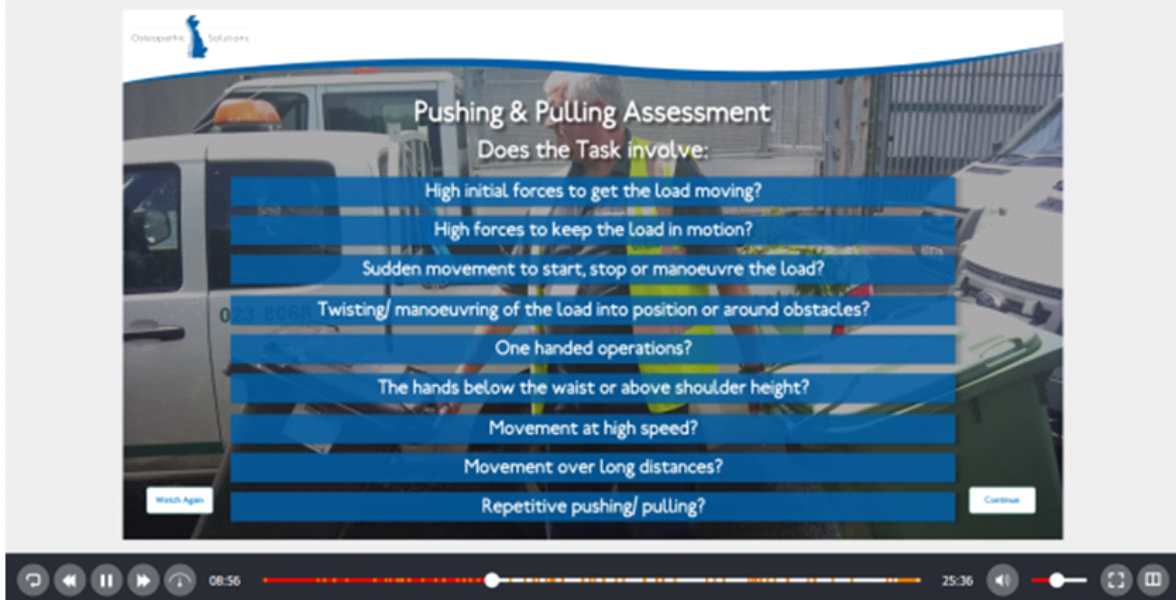
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Cobblestone Learning then added our programme to their system allowing our users to log in, take our course, before tracking their performance.

The training programme itself is highly interactive and easy memorable with a mixture of video footage from different industries, useful definitions, basic back biomechanics and facts about musculoskeletal disorders (MSDs). It also has a 17 question Multiple Choice Assessment built in to test the user.

See below for some screenshots of the programme to give you an insight into the quality of this programme.





Features & Benefits:

- Only £20+vat per user
- Client Learning Management System (LMS) Log In
- CPD Certification Service Certified
- Only 30 minutes to complete
- 17 question multiple choice assessment
- Printable Online Certificate on Completion
- Available in English, Polish, Czech & Punjabi
- Compliance with Manual Handling Regulations
- Inherently Video Based Practical Content
- Suitable for all Employee, Staff and Managers

Frequently Asked Questions

What will my Employees learn?

Your employees will learn best practice Manual Handling techniques and practices including BackSafe Lifting, Carrying, Lowering, Pushing, Pulling and Team Handling. See below for the Complete list of Learning Outcomes.

What are the Benefits for your Business?

Your business will be compliant under the Manual Handling Operations Regulations. Your business will suffer less manual handling lost time accidents and injury claims. For more information about the Manual Handling Operations Regulations please view www.osteopathicsolutions-manualhandling.co.uk/manualhandlingoperationsregulations

Is this an Accredited Training Programme?

Yes, our Programme is accredited by The CPD Certification Service. For more information about The CPD Certification Service as well as our journey to accreditation please view www.osteopathicsolutions-manualhandling.co.uk/cpd-certification-service

Can I forward a training email so that another colleague can attend with me?

As each confirmation e-mail includes a unique registration ID within the link to join the session, it should not be forwarded to anyone else wishing to attend from a separate computer. Each person will need to register via mycoursedock.com (Cobblestone's LMS Hosting site) to receive a confirmation email directly.

Learning Outcomes

- Attendees will understand their responsibility within the Manual Handling Operations Regulations
- Attendees will understand the personal consequences of Back Injury involving symptoms and physical disability
- Attendees will obtain a basic knowledge & understanding of simple anatomy & biomechanics of the spine
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of unsafe lifting, carrying, lowering, pushing, pulling & team handling.
- Attendees will obtain an enhanced postural awareness.
- Attendees will be competent in safer lifting, carrying, lowering, pushing, pulling, team handling techniques & practices within their working environment
- Attendees will be able to apply safer Manual Handling techniques & practices to awkward loads in their working environment
- Attendees will reduce the likelihood of suffering a Manual Handling injury at work.

So, there you have it. An overview of our Online Manual Handling Training Programme should you wish to purchase with us. Any questions? Please email myself at emmafarrell@osteopathicsolutions.co.uk

If you have some more time why not read our Blog " Osteopathic Solutions goes Online - A Development Project " on www.osteopathicsolutions-manualhandling.co.uk/osteopathic-solutions-blogs

We wish you the best of luck in your training programme.

