



# Osteopathic Solutions

UK & Ireland Ltd

## 2 Day Fire & Rescue Service Manual Handling Instructor 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 - 11.45

- 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
- Video footage of hazardous lifting, carrying, lowering

### 11.45 - 12.45

- Practical Demonstrations & Group Practical - Optimal Lifting
- Postural Awareness & Squat Warm Up
- Semi Squat Lifting & Lowering\*

### 12.45 - 1.30 Lunch



### 1.30 - 4.30

- Practical Demonstrations & Group Practical - Optimal Lifting
- Full Squat Lifting & Lowering\*
- Lunge Lifting & Lowering\*
- Carrying Loads\*
- Team Lifting, Carrying & Lowering\*\*

\* Cutting Equipment, Fire Extinguishers, Personal Portable Monitors, Hoses, Fluid Drums, Oxygen Cylinders etc.

\*\* 2 Person with Light Portable Pumps, Winches, Casualties etc. 4 Person with Vanguard Pumps, Ladders, Cars etc.

### Day 2

9.00 - 9.30

- Video Footage of hazardous Pushing & Pulling
- Video Training - Optimal Pushing & Pulling technique



### 9.30 - 12.45

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

\*Cars, Commercial Bins

\*\* Pallet trucks

\*\*\* Team Pushing Cars, 4 Person Pushing of Ladders onto Fire Engine

\*\*\*\* Team Handling of Hoses & Ladders from Fire Engine

### 12.45 - 1.30 Lunch

### 1.30 - 3.00

- Practical Demonstrations & Group Practical
- Vehicle Extrication Ergonomics
- Moving & Handling of Casualties
- 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

