

Osteopathic Solutions



FOOD INDUSTRY MANUAL HANDLING TRAINING USB BROCHURE & ORDER FORM

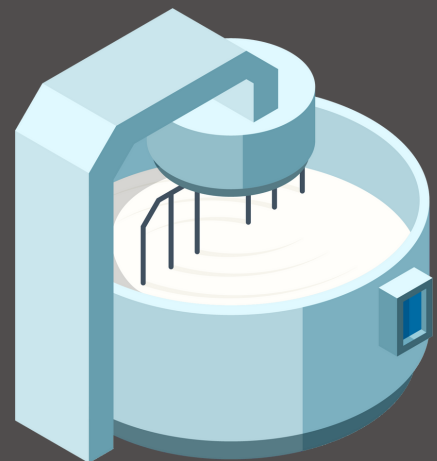
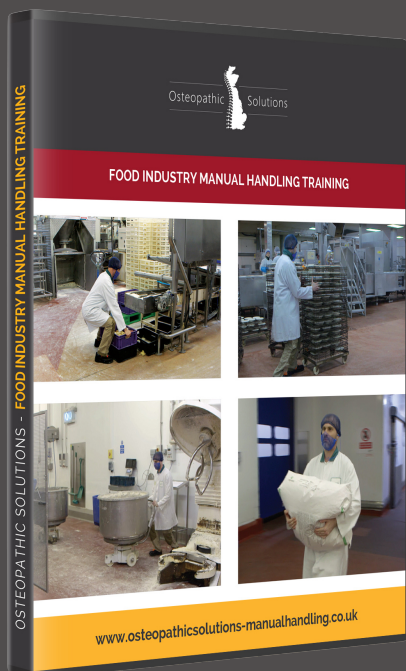
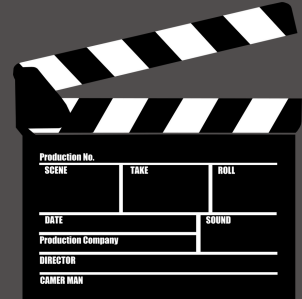


In partnership with



FEATURES:

- Filmed in a UK Bakery Factory
- 30 Minutes Video Running Time
- Expert Content by Occupational Osteopaths
- Features Best Practice Manual Handling Techniques & Practices
- Employee Assessment Pack Available
- Distribution & Logistics Video Included
- Up to date content, published in 2021



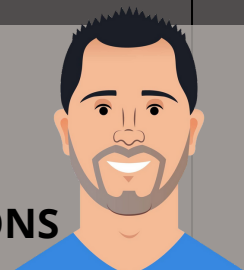
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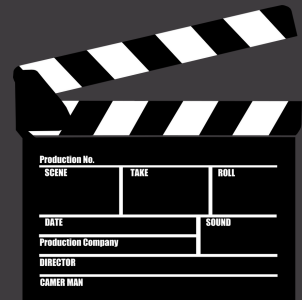
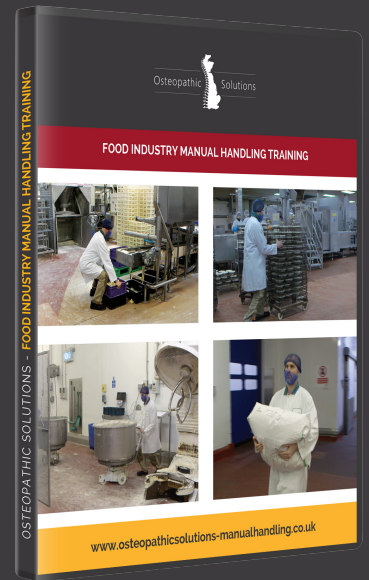


[LINKEDIN.COM/IN/GARETH-MILNER-OSTEOPATHIC-SOLUTIONS](https://www.linkedin.com/in/gareth-milner-osteopathic-solutions)



BENEFITS:

- Compliance with Manual Handling Operation Regulations
Reduces Manual Handling Lost Time
Accidents
- Reduces Manual Handling Injury Claims & Legal Fees
- Reduces or Removes Costs of External Training Companies
- Brings Manual Handling Training 100% In-House
- Clear & Repeatable Message across your Sites
- Upskills Health & Safety Managers & Manual Handling Instructors
- Significantly Reduces Administration Time of Training
- Can be used for Employee Induction & Refresher Training
- Makes Training your Workforce Simpler, Quicker & More Cost Effective
- Leveraging Business Growth with Effective Manual Handling Risk Management



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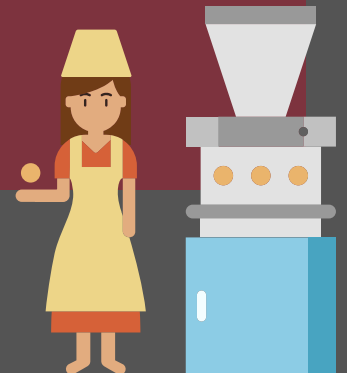
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30 Minute Food Industry Manual Handling Training Video featuring 5 Sections

LIFTING & LOWERING:

- Basic Biomechanics of the Spine & Posture Ergonomics
 - Hazardous Manual Handling Practices
- BackSafe Squat Lifting of Raw Produce from Pallets
 - BackSafe Squat Lifting & Lowering of Crates
 - Lifting & Lowering with Knee Injuries
- BackSafe Lunge Lifting & Lowering
- Handling of Loads at Chest & Head Heights
 - BackSafe Handling with Conveyors
- BackSafe Lowering of Finished Products onto Pallets
- Awkward Factory Floor Tasks including Pallet Handling



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Hazardous Lifting



Full-Squat Lifting



Semi-Squat Lifting



Lunge Lifting



Hazardous Lowering



Lifting with Knee Injuries

CARRYING:

Hazardous & BackSafe Carrying of Crates, Bagged Loads & Food Buckets



Hazardous Carrying



Backsafe Carrying



Hazardous Carrying



Backsafe Carrying

PUSHING & PULLING:

Hazardous & BackSafe Pushing & Pulling of Palletised Loads, Cages, Trolleys, Industrial Hoovers & Food Totes



BackSafe Pushing



BackSafe Pushing



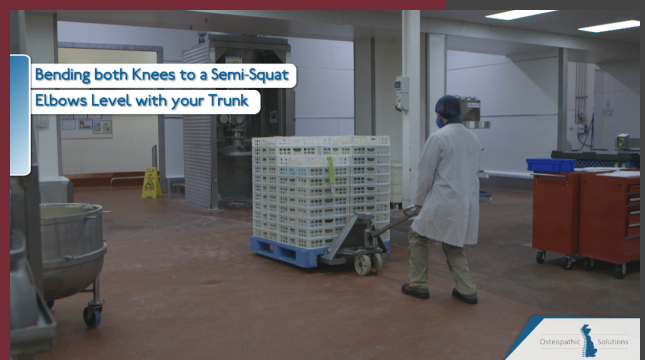
Hazardous Pushing



Hazardous Pulling



BackSafe Pulling



BackSafe Pulling

TEAM HANDLING:

- Team Pushing & Pulling of Palletised Loads, Commercial Bins, Trolleys & Food Totes
- Team Lifting, Carrying & Lowering of Pallet



Team Pushing



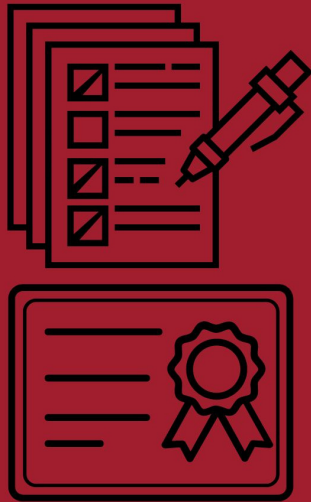
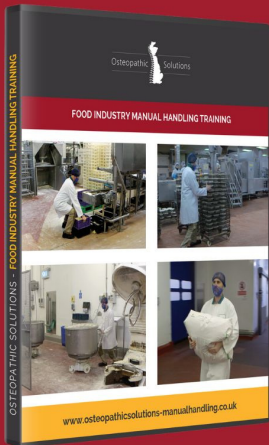
Team Pushing & Pulling



Team Pushing & Pulling



ASSESSMENT PACK BUNDLE:



Food Industry Manual Handling Training USB & Assessment Pack

- USB, Booklet, Employee Assessment & Certificate Template included
- Employee Assessment includes 25 Multiple Choice Questions

**Assessment Pack
& Certificate Template Included**

£395

ORDER



ORDER FORM

Please select which product you want to order by ticking the column & quantity



Product Name	Cost
Food Industry Manual Handling Training USB	£250
Food Industry Manual Handling Training USB & Assessment Pack	£395

CLIENT _____

TOTAL ORDER £ _____

PURCHASE ORDER _____

ACCOUNTS CONTACT NAME _____

ACCOUNTS TELEPHONE NUMBER _____

INVOICE EMAIL _____

INVOICE ADDRESS _____

**OR BUY ONLINE VIA CREDIT OR DEBIT CARD
& SAVE £100**



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