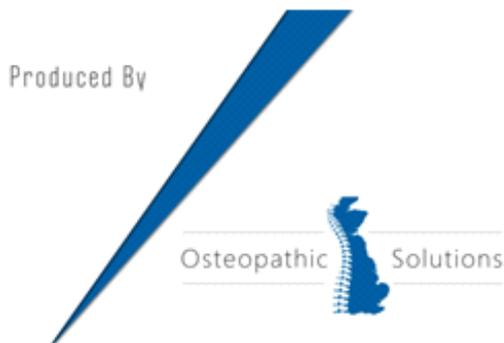




**An Analysis of our Bespoke Manual Handling Training DVD
for Blaby District Council**

by Emma Farrell, Training Coordinator & Social Media Manager

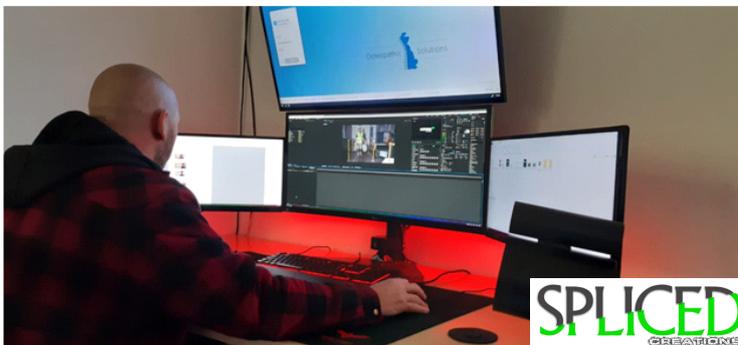


Recently, our Director Gareth Milner produced a Bespoke Manual Handling Training DVD for Blaby District Council covering their Refuse & Recycling, Street Cleansing, Grounds Maintenance and Parks and Open Spaces Workforce's tasks, loads and environments.

Our Registered Osteopath and Manual Handling Trainer, Jonathan Simmonds attended Blaby District Council's depot and parks in Leicestershire over a 2 Day period to produce this 'habit changing' DVD.

Jonathan has a wealth of knowledge from training Council Services teams, built up from his 6 Years working for Osteopathic Solutions, covering Councils nationwide.

Our Filming Producer Lawrence Fowler, of Up A Notch Productions, was present over the 2 Days taking key footage for our Director, Gareth Milner to sift through at our Head Office, creating the Voiceover script and DVD structure for our Editor, Shane Du Toit of Spliced Creations.



This analysis details how we put together our unique and memorable Bespoke Training DVD for the teams at Blaby District Council.

The DVD begins with a series of manual handling techniques being displayed to the viewer. Best practice Team Lifting of a park bench (shown below) kicks off the DVD.



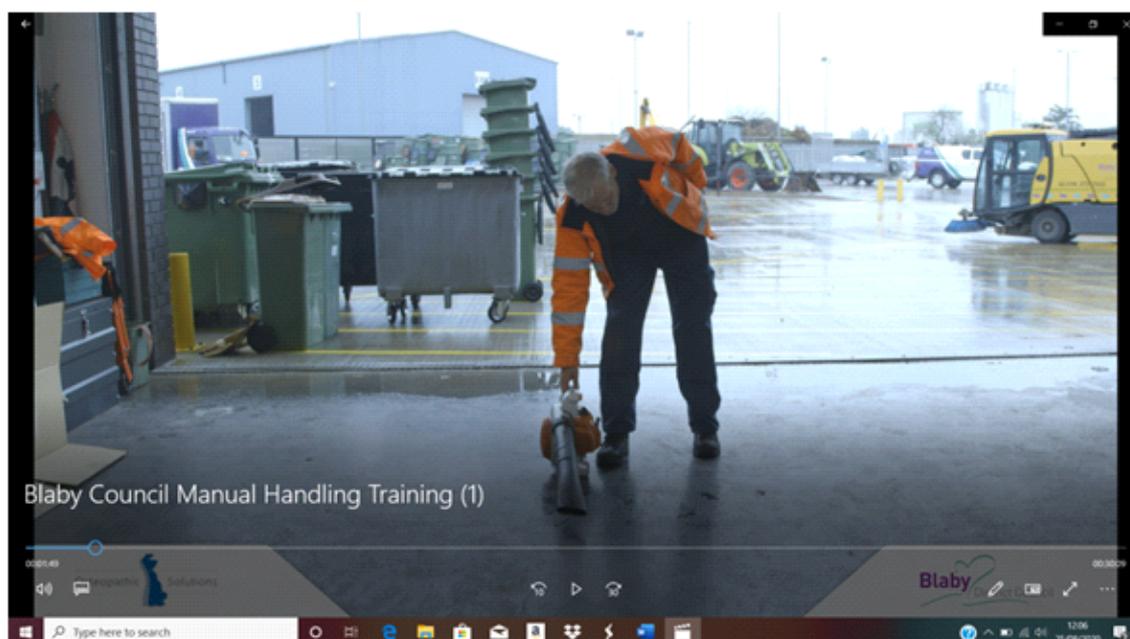
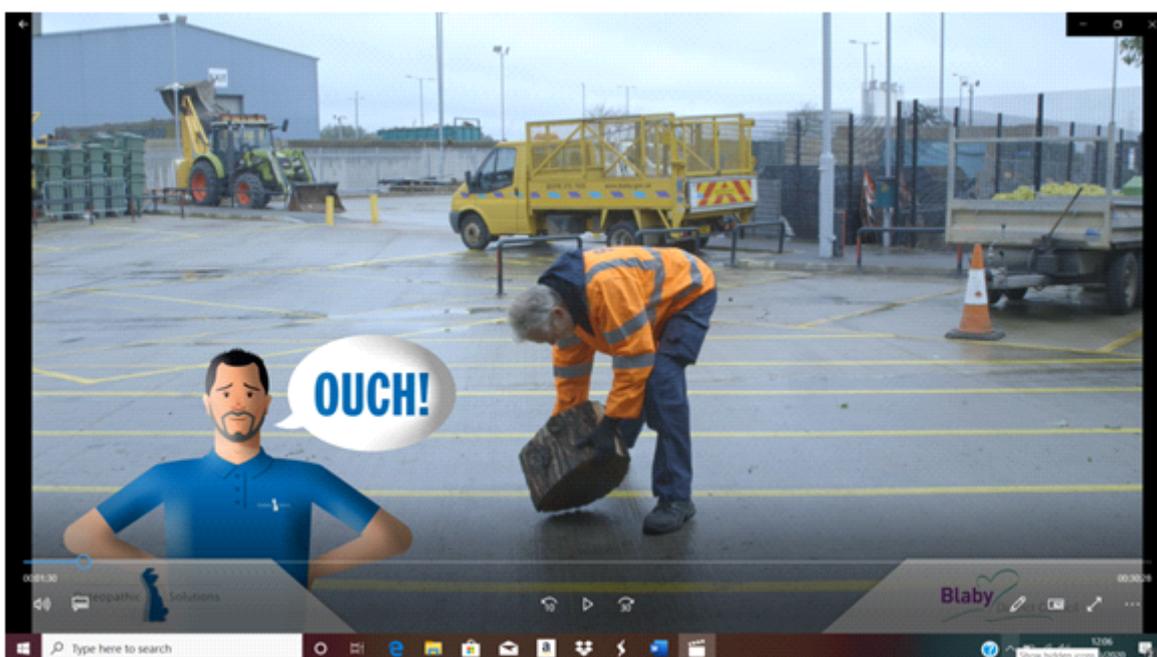
The intro then follows on with single person Lifting, Carrying, Lowering, Pushing and Pulling, all carried out by Jonathan, mixing hazardous practices with BackSafe practice.

“Over 2.5 Million People Visit their GP with Pack Pain Every Year”

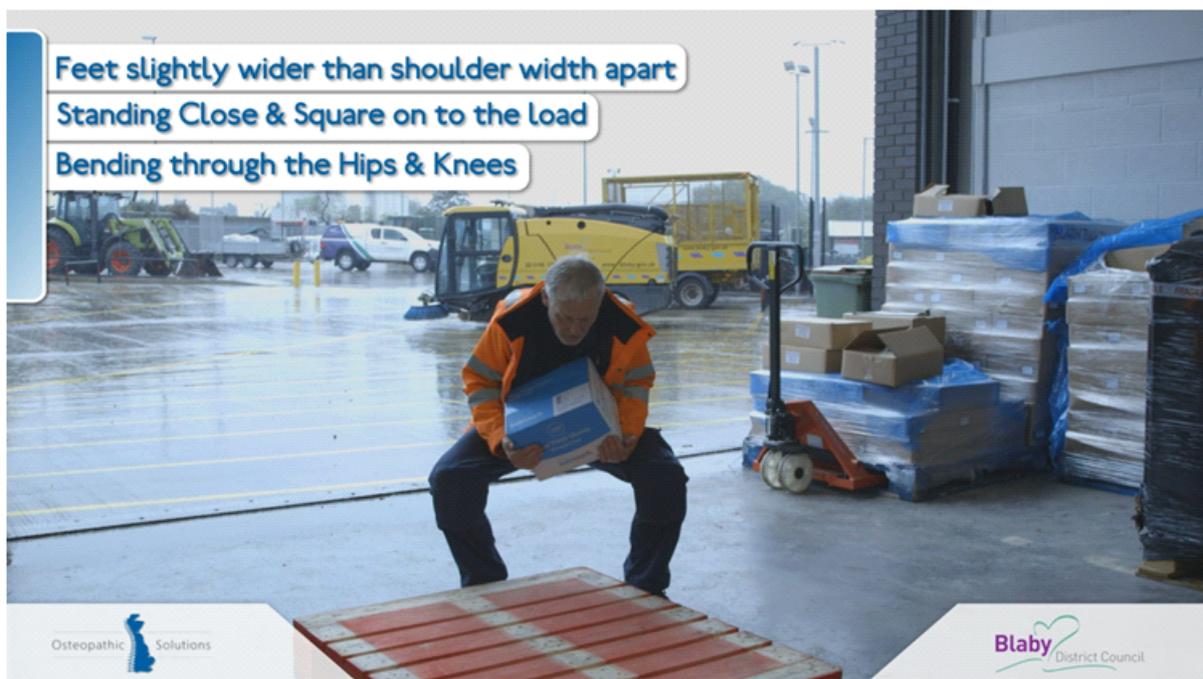
This important statement is certainly food for thought when it comes to the realisation of how much Musculoskeletal Disorders are a major problem within the working environment.

Lifting & Lowering

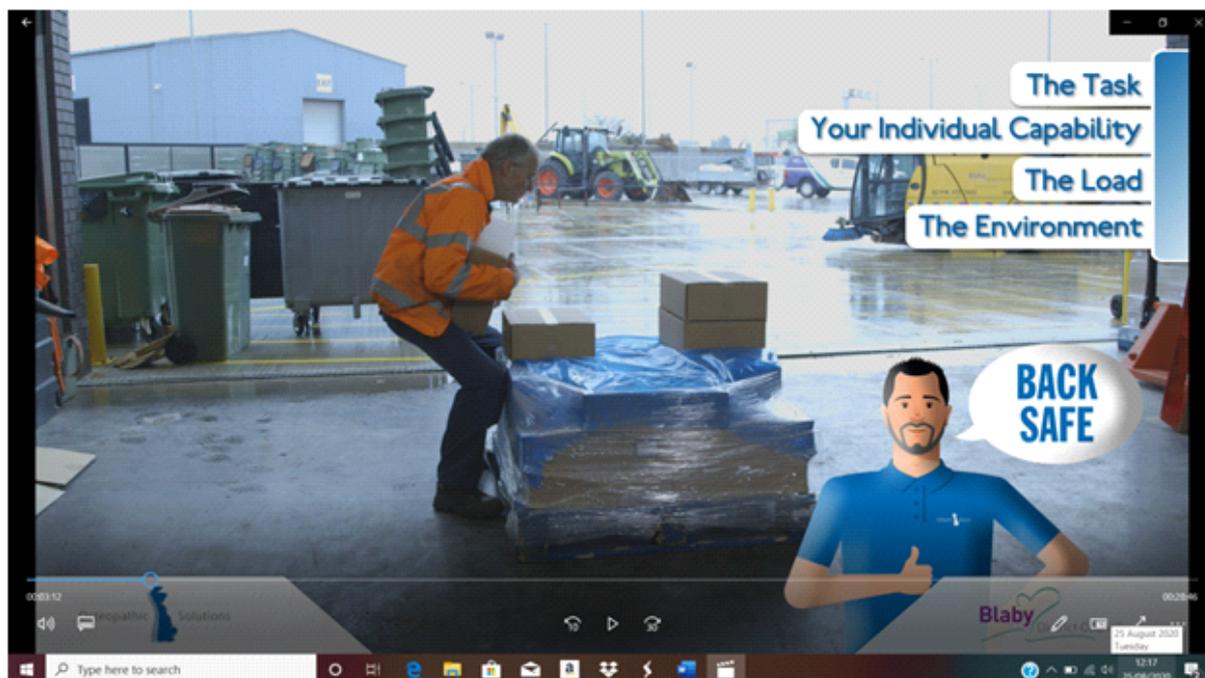
The first section covered in this Manual Handling Training DVD is Lifting & Lowering. As we know, the most common and natural practice for our body to carry out this technique is by using our relatively small and overstretched lower back muscles (shown below). The feet are generally close together with minimal knee bending. This is a high risk for lower back injury if repeatedly practised over time.



After running through some common, injury inducing lifts of items which are regularly used by Council teams, we then see Jonathan carrying out Best Practice Manual Handling Lifting Techniques (example of a box from a pallet shown below).

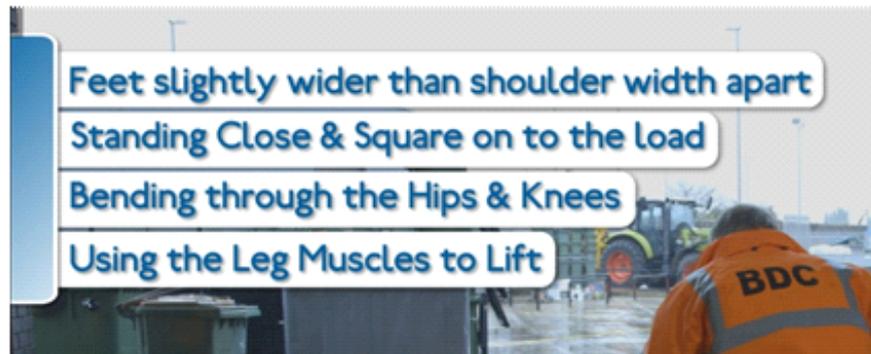


In the below clip, he is lifting a box from a pallet using squat technique; a very important practice to protect your back for life when lifting and lowering inanimate loads.

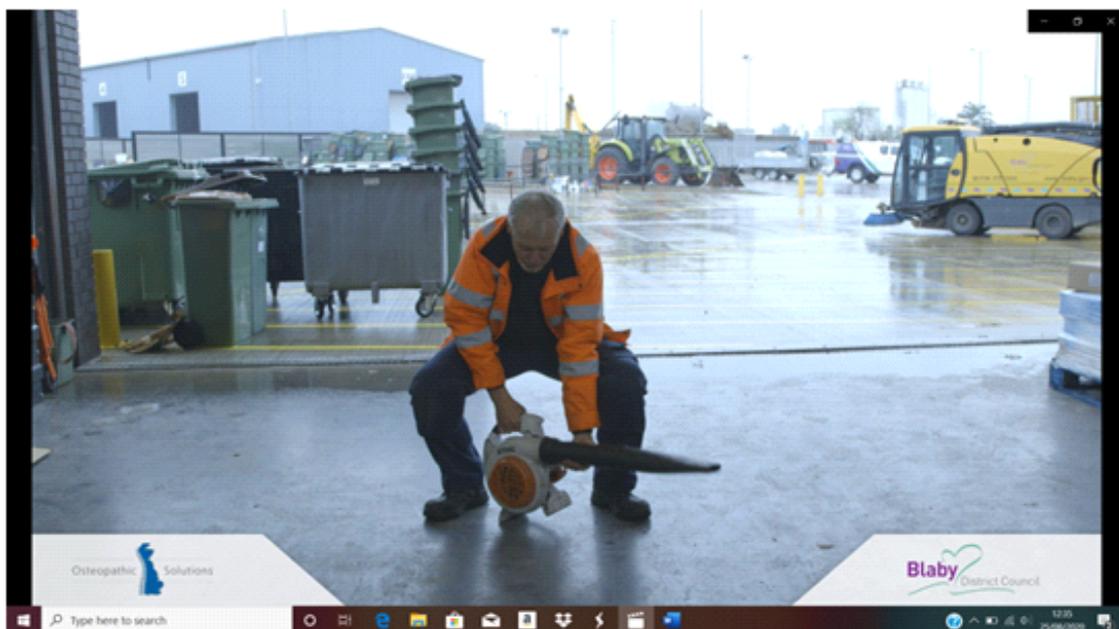


An individual Risk Assessment should always be performed when carrying out a lift and carry; focusing on the Task, your Individual Capability, the Load and the Environment, as listed in the above screenshot.

Want to know in detail, how to carry out the perfect squat lift? Please see the below key principles, as taken from the DVD.



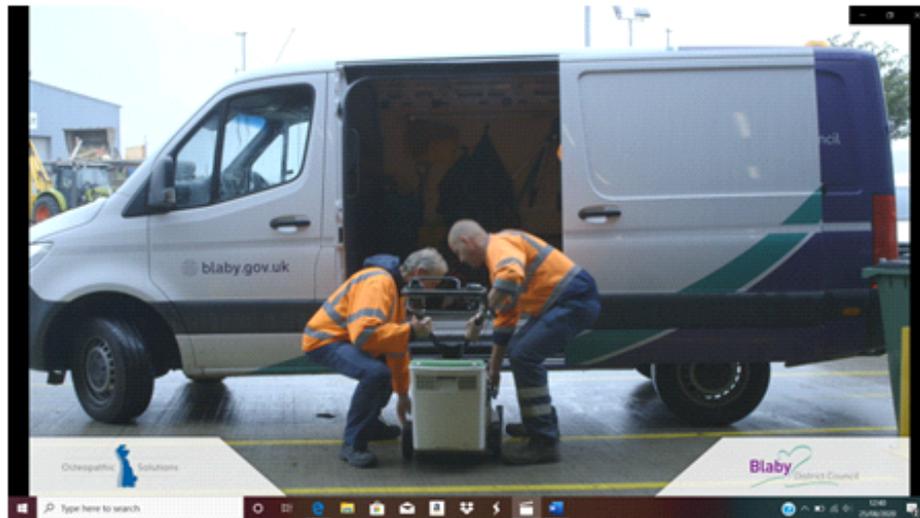
As mentioned within the DVD commentary (written by our Director Gareth Milner and recorded by our Voiceover Artist Sean Anthony) 'If you want a healthy back for life, lift and lower loads with a squat' as displayed below.



Many loads are not suitable to be lifted by one person (including lawn mowers) simply because they are hard to grip; hard to manoeuvre due to their size or are too heavy. At Osteopathic Solutions, we recommend carrying out as much Team Lifting of loads as possible. Team lifting of Loads (as shown in the DVD screenshot below) involves the following:

- A team leader is nominated, who will coordinate the lift, carry and lower
 - The correct amount of handlers are in the team
- There is enough space for the handlers to manoeuvre as a group

- If possible, the members of your team are of similar height, size and strength, in order to avoid placing an uneven load on one person
 - The weight is evenly distributed
 - Everybody is clear about where the load needs to go
 - All members of the team can see where they are going
- The destination for the load is accessible for all team members and no one needs to let go of the load first in order to make room for its passage
- The team leader specifies that lifting will occur on the word 'Lift' in the command "Ready, Brace, Lift"
- To set the load down again, the team leader issues the command "Ready, Lower (Or Down)"



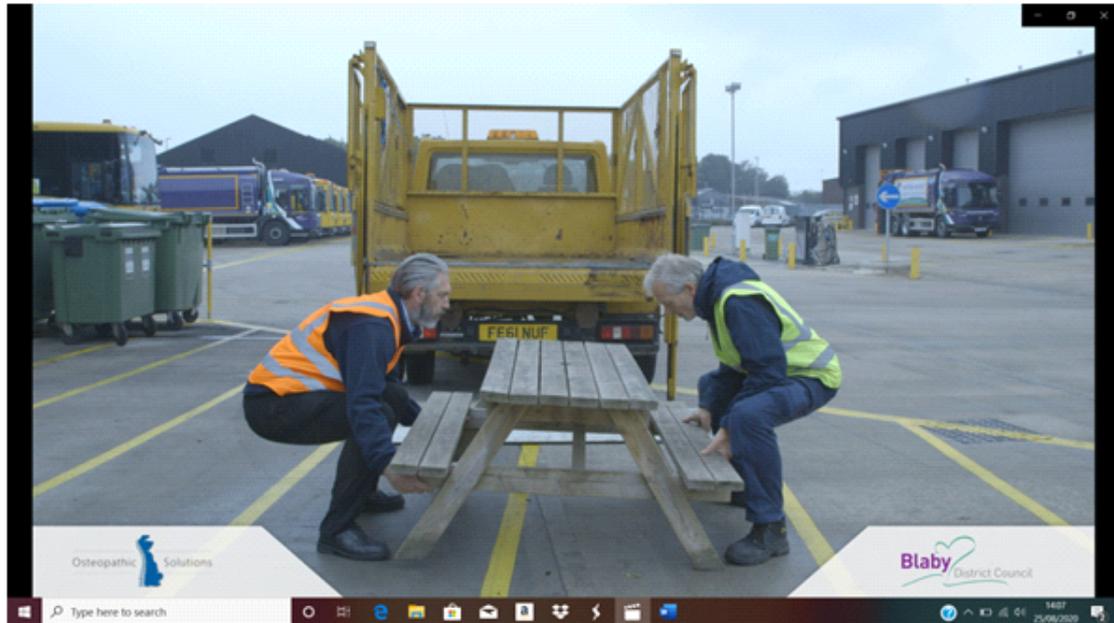
Commonly, many Council workers will twist their body into awkward positions when trying to get the job done quickly. It is important to remember to always try to reduce the amount of twisting you do for spinal health.

Whilst Squat Lifting, how far apart should your feet be? Foot positioning is a very important factor. Always remember to place your feet slightly wider than shoulder width apart. A good base of support is essential. See the below image for exact foot positioning.



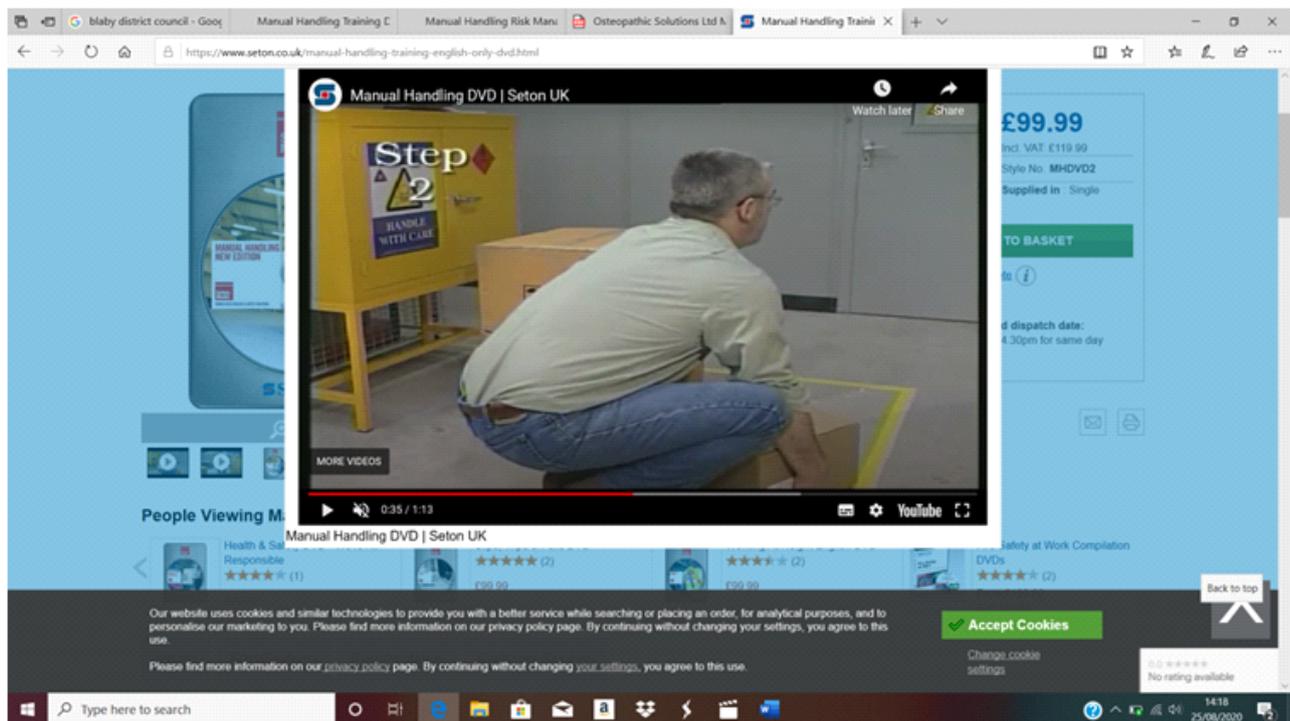
Some admirable aspects of the video are questions which are cleverly embedded in the DVD which allow the viewer to have a multisensory learning experience, by using both their thought process and their visuals.

For example, in the below clip the commentator asks “What do you notice about the left handler’s posture?” This question ensures the audience are ‘tuned in’ and allows for a potential momentary discussion amongst the group.



Of course, the answer (in which you may have guessed) is that he is looking directly at the team leader on the right, which will backward bend his neck, causing much musculoskeletal strain, and a recipe for neck injury. It is worth noting that many well-known UK Health & Safety providers who produce Manual Handling DVDs/ Videos actually display this practice within their Training DVDs/ Videos as ‘Best Practice’. This is most worrying, and displays zero knowledge of human biomechanics.

See below for evidence, as taken from Setan’s well-known Manual Handling Production taken from their website. We can expect that the creators of this DVD are non-specialists when it comes to musculoskeletal health.



At Osteopathic Solutions, our nationwide team of Manual Handling Experts are qualified and Registered Osteopaths and have all attained a 4 year Bachelor of Science Degree in Osteopathy focusing on the prevention and clinical treatment of Musculoskeletal Disorders making them the ideal professionals to teach memorable, engaging and effective Manual Handling Training, whether Onsite, Online or via Video format. For more information on our team please view www.osteopathicsolutions-manualhandling.co.uk/osteopathic-solutions-uk-team

Continuing with the Video production for Blaby District Council, the next Manual Handling task we look at is 'Pushing.' Firstly shown is Hazardous Pushing, as demonstrated below by Jonathan as he pushes a large Commercial Waste Bin.

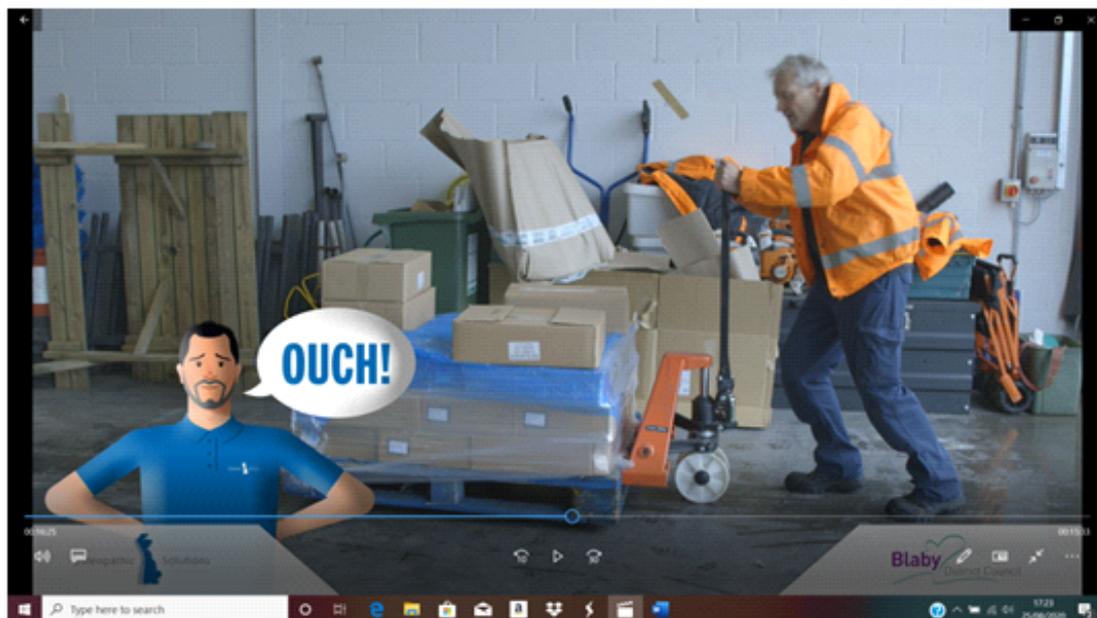
Hazardous Pushing generally involves the following:

- Leaning on the load using bodyweight
 - Forward bending the Spine
- Stretching out the arms, away from the body
- Mainly using the smaller upper body muscles & bodyweight to propel the load forward



Another common load pushed (and pulled) by many Council workers, which often causes much strain if pushed hazardously, is a pallet truck with a palletised load.

A great visual aid in our Bespoke Manual Handling Productions are the caricatures in which our Director Gareth Milner had created by Savage & Gray, (viewable below on the left) enhancing the learning experience for the viewer with the word 'Ouch' in the speech bubble.



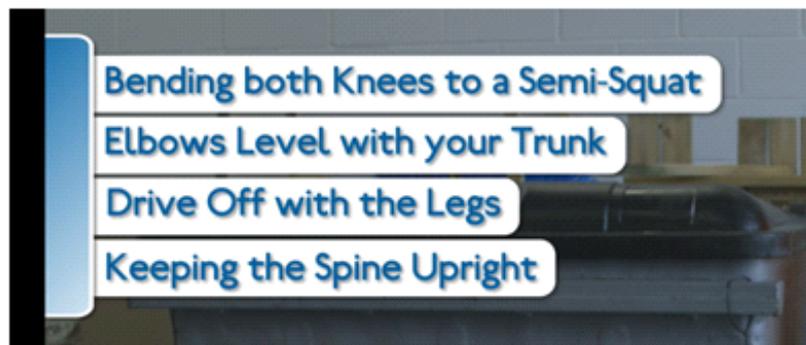


David Gray of Savage & Gray creating our Caricatures in 2019 for our Online Manual Handling Training Programme

Our Manual Handling Expert Jonathan Simmonds, then carries out 'BackSafe' Pushing Practice. For those of you who would like to know how to exactly carry out this practice, BackSafe pushing involves the following:

- Facing the load with one foot in front of the other
 - Placing the feet your normal hip width apart
 - Bending both your knees
- Placing your hands safely on the load, wrapping your fingers around its corners gripping the handles
 - Keeping your elbows close to your body, level with the trunk
 - Keeping your spine upright, looking forward

See below for how to initiate a 'BackSafe' pull, as taken from the DVD.





Again, cleverly mentioned, is the alternation of body position. Benefits of alternating body position while (generally) working include the following:

- Alternating body position increases your creativity. Research shows that by alternating between a sitting and standing position, the brain is able to generate 2.5 times more new ideas.
- When you alternate between standing and sitting while you work your heart pumps around 10 times as much blood around your body
- By alternating your stance while your work, you energise your body and mind. Fatigue from static postures builds though out the day and is particularly noticeably in the afternoon, having a negative effect on your performance.

“If you rush & lift a load, you may not be rushing for a long time”

This statement is very important for those of you working for Councils. If you ever watch your local Council workers carrying out a Manual Handling activity, you will often see them pulling or lifting a load very quickly without any thought for their overworked musculoskeletal system. As pointed out, they won't be in work for a very long time.

The completed Video is available to watch online on our website page www.osteopathicsolutions-manualhandling.co.uk/bespoke-manual-handling-dvd

For more information on getting a Bespoke Manual Handling Training DVD arranged for your Council or your company please email garethmilner@osteopathicsolutions.co.uk



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