

1 Hour Manual Handling Awareness Course



Learning Outcomes

- Attendees will obtain a basic understanding of biomechanics of the spine
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of lifting, carrying, lowering, pushing, pulling & team handling
- Attendees will obtain an enhanced postural awareness
- Attendees will have awareness of Optimal lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment
- Attendees will reduce the likelihood of suffering a Manual Handling Injury at work





1 Hour Course Outline

10 minutes

**Basic Spinal Structure & Function
General Back Care in Life
Musculoskeletal Disorders**

20 minutes

**Video Training - Hazardous Practices
Video Training - Optimal Handling Techniques**

20 minutes

**Practical Demonstrations by Instructor
Lifting, Carrying, Lowering, Pushing, Pulling, Team Handling**

10 minutes

Attendee Questions & Answers