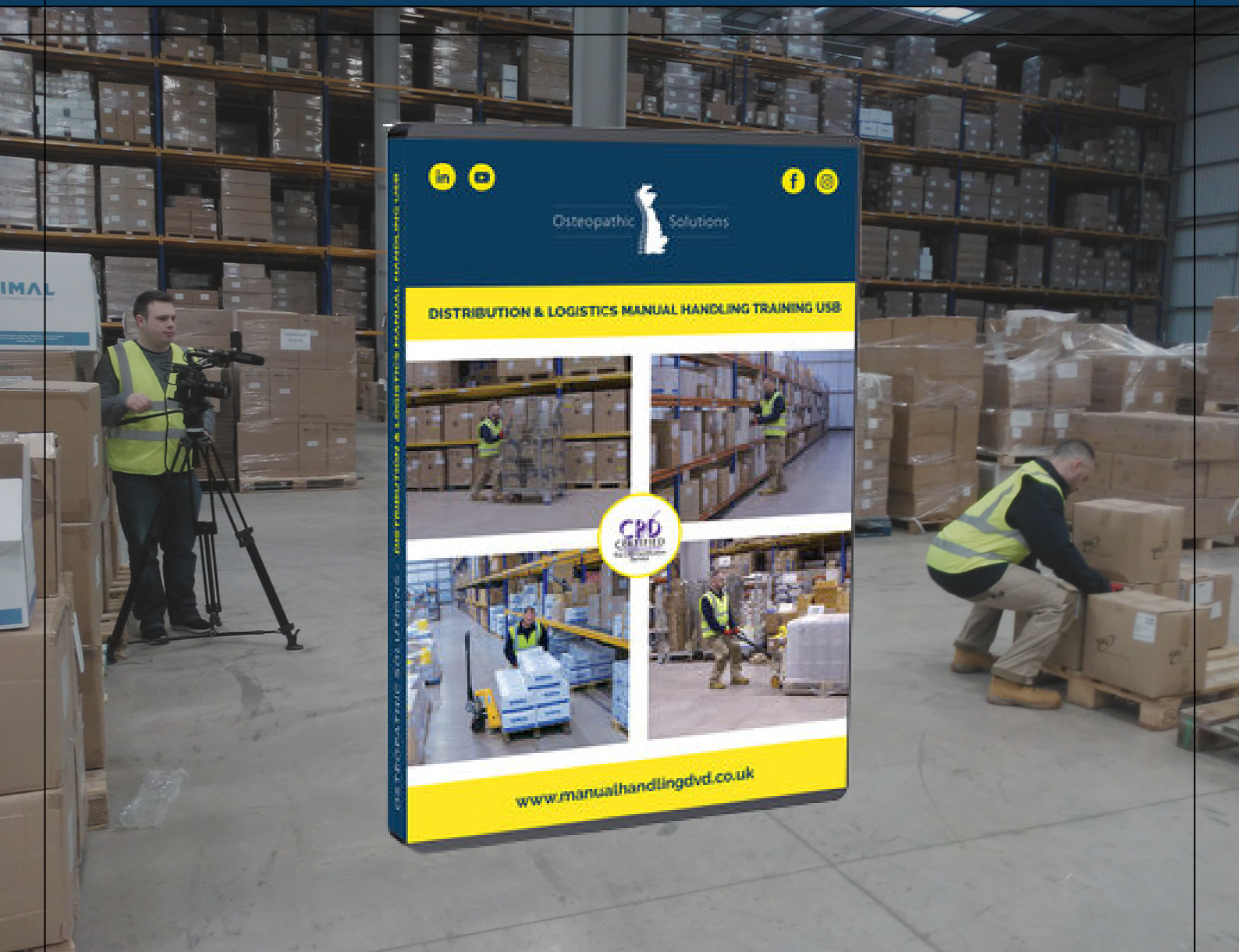




Osteopathic Solutions



# DISTRIBUTION & LOGISTICS MANUAL HANDLING TRAINING USB BROCHURE & ORDER FORM



In partnership with



# FEATURES:

- Filmed in a UK Warehouse
- 30 Minutes Video Running Time
- Expert Content by Occupational Osteopaths
- Features Best Practice Manual Handling Techniques & Practises
- Employee Assessment Pack Available
- CPD Certification Service Accredited
- 3 Other Industry Videos Included
- Up to date content, published in 2021



[osteopathicsolutions-manualhandling.co.uk](http://osteopathicsolutions-manualhandling.co.uk)



0845 299 3515



[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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# 30 Minute Distribution & Logistics Manual Handling Training Video featuring 6 Sections

## LIFTING & LOWERING:

- Basic Biomechanics of the Spine & Posture  
Ergonomics
  - Hazardous Manual Handling Practices
- BackSafe Squat Lifting of Boxes & Fluid Drums from  
Pallets
- BackSafe Squat Lowering of Boxes & Fluid Drums to  
Pallets
  - Lifting & Lowering with Knee Injuries
  - BackSafe Lunge Lifting & Lowering
- Handling of Loads at Chest & Head Heights including  
Shelving



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**Hazardous Lifting**



**Semi-Squat Lifting**



**Full-Squat Lifting**



**Handling from Shelving**



**Lunge Lifting**



**Lifting with Knee Injuries**

## **CARRYING:**

- **Hazardous & BackSafe Carrying of Boxes & Fluid Drums**



**Hazardous Carrying**



**Hazardous Carrying**



Backsafe Carrying

## **PUSHING & PULLING:**

- **Hazardous & BackSafe Pushing & Pulling of Palletised Loads, Cages & Trolleys**



Hazardous Pushing



BackSafe Pushing



BackSafe Pushing



Hazardous Pulling



BackSafe Pulling



BackSafe Pulling



# PALLET HANDLING:

- Single Person Pallet Handling



# TEAM HANDLING:

- Team Lifting, Carrying & Lowering of Pallets & Large Boxes
- Team Pushing & Pulling of Cages



Team Lifting



Team Carrying



Team Pushing & Pulling

# ASSESSMENT PACK BUNDLE:



## Distribution & Logistics Manual Handling Training USB & Assessment Pack

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

**Assessment Pack &  
Certificates Included**

**£395**

+VAT

**€495**

**ORDER**





# ORDER FORM

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



## Product Name

## Cost

Distribution & Logistics Manual Handling Training USB	£250+vat / €295
Distribution & Logistics Manual Handling Training USB & Assessment Pack	£395+vat / €495

CLIENT \_\_\_\_\_

TOTAL ORDER £ \_\_\_\_\_ € \_\_\_\_\_

PURCHASE ORDER \_\_\_\_\_

ACCOUNTS CONTACT NAME \_\_\_\_\_

ACCOUNTS TELEPHONE NUMBER \_\_\_\_\_

INVOICE EMAIL \_\_\_\_\_

INVOICE ADDRESS \_\_\_\_\_

\_\_\_\_\_

**OR BUY ONLINE VIA CREDIT OR DEBIT CARD**



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