



3 Hour Manual Handling Practical Skills Course

Learning Outcomes

- Attendees will understand their responsibility within the Manual Handling Operations Regulations
 - Attendees will understand the effects of Manual Handling Lost Time Accidents & the personal consequences of Back Injury involving symptoms & physical disability
 - Attendees will obtain a basic knowledge & understanding of simple anatomy & biomechanics of the spine
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of unsafe lifting, carrying, lowering, pushing, pulling & team handling
 - Attendees will obtain an enhanced postural awareness
- Attendees will be competent in safer lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment



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- Attendees will be competent in safer lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment
 - Attendees will be able to apply safer Manual Handling techniques & practices to awkward loads in their working environment
 - Attendees will be able to critique biomechanically flawed techniques & practices taught in previous Manual Handling Training
 - Attendees will reduce the likelihood of suffering a Manual Handling Injury at work

Course Outline

30 Minutes

Brief Summary of the Manual Handling Operations Regulations

Spinal Anatomy & Function

Biomechanical Causes of Back Injury

Video Footage of Unsafe Lifting, Carrying, Lowering, Pushing & Pulling





70 Minutes

Practical Demonstrations & Group Practical
Postural Awareness & Squat Warm Up
Semi Squat Lifting & Lowering
Full Squat Lifting & Lowering
Lunge Lifting & Lowering
Carrying Loads

55 Minutes

Practical Demonstrations & Group Practical
Pushing & Pulling
Team Pushing & Pulling*
*Depending on tasks or loads onsite

25 Minutes

Communication Skills & Team Handling
Practical Demonstrations & Group Practical
Team Lifting, Carrying & Lowering

