



2 Hour Street Cleansing Manual Handling Practical Skills Course

£695 to upskill up to 30 Attendees over 1 Day



Learning Outcomes

- Attendees will obtain a basic understanding of spinal biomechanics/ movement
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of hazardous lifting, carrying, lowering, pushing, pulling & team handling
 - Attendees will obtain an enhanced postural awareness
- Attendees will be competent in Optimal lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment
- Attendees will be able to apply Optimal 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 & outside of work



Course Outline

1 Hour

Practical Demonstrations & Group Practical

- Postural Awareness
- Semi Squat Lifting & Lowering *
- Full Squat Lifting & Lowering *
 - Lunge Lifting & Lowering *
 - Carrying Loads *
- Removing Refuse Bag from bin
- Throwing Loads onto vehicle
 - Sweeping

* Loads to include Refuse/ Recycling Bags, Boxes of Glass etc.

35 minutes

Practical Demonstrations & Group Practical

- Pushing & Pulling Street Barrow
- Lifting & Pushing Street Barrow Up Curb
- Team Pushing & Pulling of Commercial Bins

25 minutes

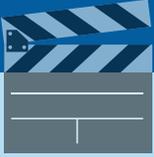
Team Handling Communication

Practical Demonstrations & Group Practical

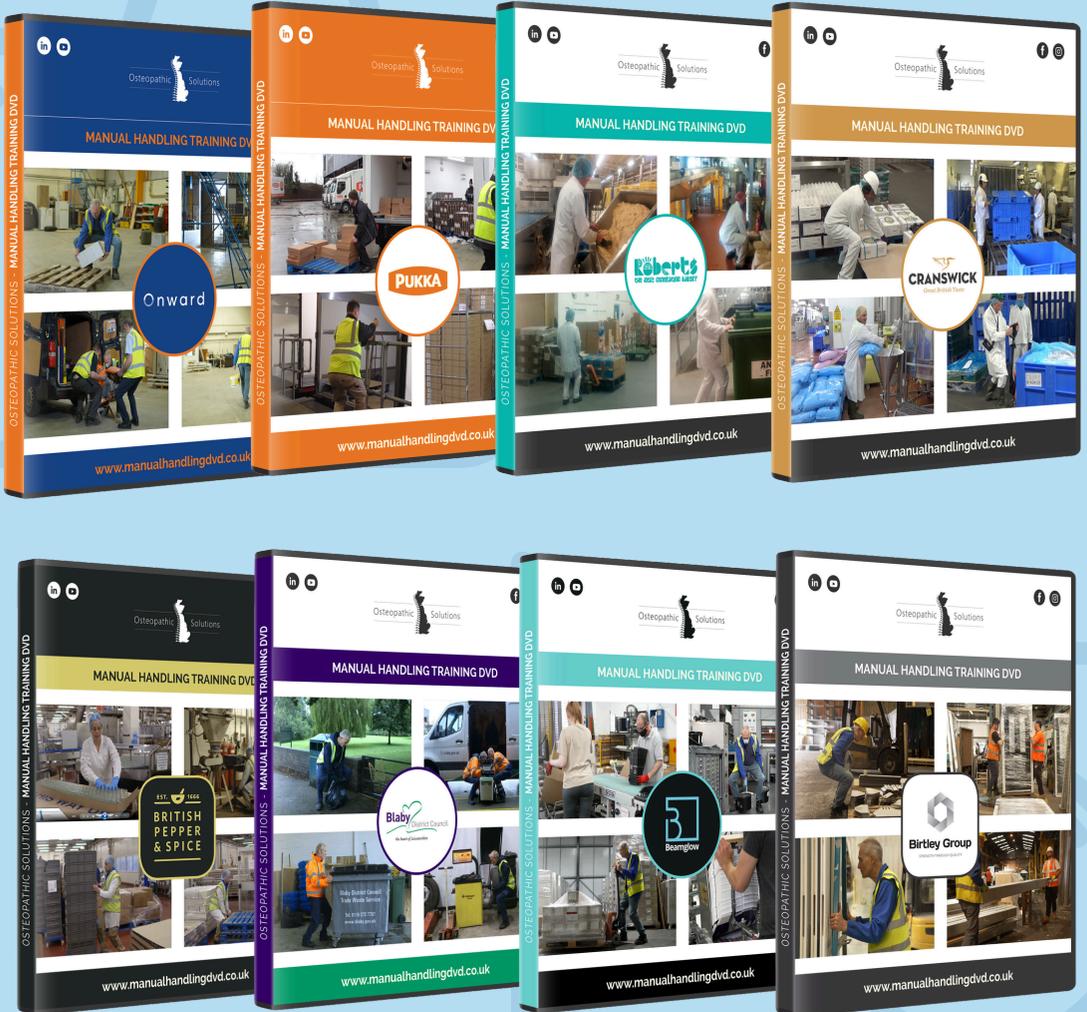
- Team Lifting, Carrying & Lowering **
- Team Lifting onto vehicle **

** Loads to include Sofas, Sofa Beds, Fridge Freezers, Furniture, Hand Barrows, Carpets etc.

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