



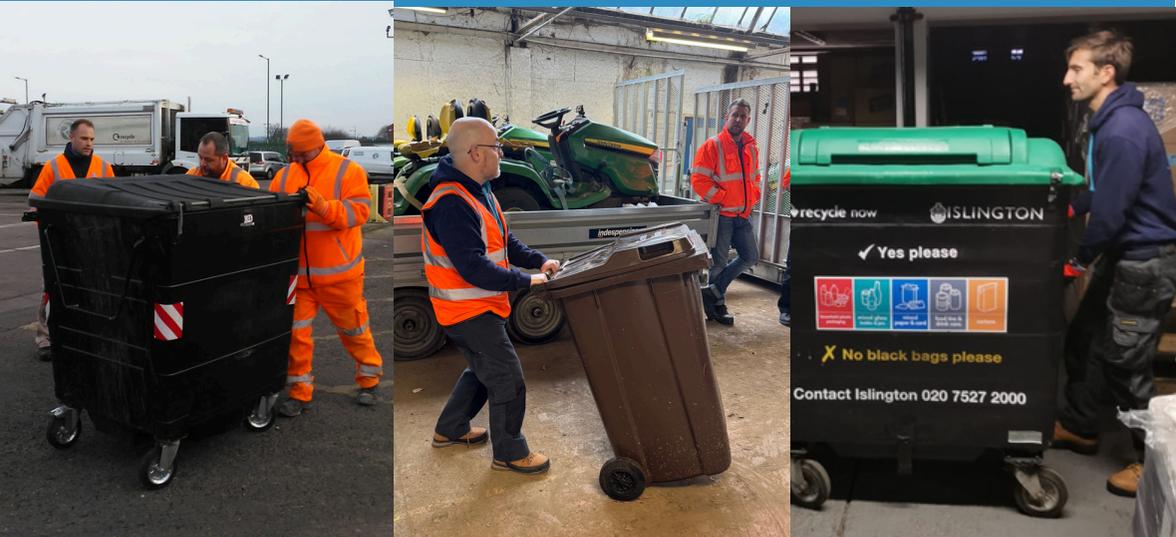
Osteopathic Solutions

UK & Ireland Ltd

3 Day Waste & Recycling Manual Handling Instructor & Risk Assessor Course

£2395 to qualify up to 8 Attendees

including DigiTrain® & Council Services Manual Handling Training Video



Learning Outcomes

- Attendees will have knowledge of the relevant laws related to Manual Handling including the Health & Safety at Work Act, the Manual Handling Operations Regulations, the Provision & Use of Work Equipment Regulations & the reporting of Injuries, Diseases & Dangerous Occurrences Regulations
- Attendees will understand the economic & social impacts of Musculoskeletal Disorders
- Attendees will obtain a knowledge & understanding of simple anatomy & biomechanics of the spine, and the musculoskeletal system
- Attendees will have a comprehensive understanding of hazardous lifting, carrying, lowering, pushing, pulling & team handling practices
- Attendees will understand the Manual Handling Risk Assessment Process & have competency to conduct onsite Manual Handling Risk Assessments & identify practical solutions to lower MSD Risk



Learning Outcomes (continued)

- Attendees will be able to critique current Manual Handling Risk Assessment forms & improve if necessary
- Attendees will have the knowledge & understanding of Optimal Manual Handling principles & to be able to demonstrate practical competency in Optimal Manual Handling techniques & practices including lifting & lowering (squat & lunge technique) carrying, pushing, pulling & team handling (including team pushing & pulling)
- Attendees will have competency in effective teaching of Optimal Manual Handling techniques & practices in any working environment, constructing & delivering in house Induction & Refresher Courses

Course Outline

Day 1

9.15 - 9.45

- Instructor & Attendee Induction
- Course Outline





9.45 - 11.30

- Relevant law in Manual Handling
- Symptoms of Musculoskeletal Disorders (MSDs)
- Basic Anatomy of the Spine - Muscles/ Ligaments/ Joints/ Discs
- Basic Biomechanical function of the Spine
- Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders

11.30 - 12.45

- Video footage of hazardous lifting, carrying & lowering

12.45 - 1.30 Lunch

1.30 - 2.00

- Childs Play Video - A basic Biomechanics critique
- Basic Hip & Knee Biomechanics
- Upper Leg Muscle Function
- Video Training - Squat Lifting & Lowering Technique





2.00 - 4.30

- Practical Demonstrations & Group Practical
- Postural Awareness & Squat Warm Up
- Semi Squat Lifting & Lowering
- Full Squat Lifting & Lowering
- Removing Refuse Bag from bin
- Lunge Lifting & Lowering
- Carrying Loads
- Throwing Loads onto vehicle
- Sweeping

Loads to include Dustbins, Refuse/Recycling Bags, Boxes of Glass, Paper Recycling Boxes, Food Waste Caddies etc.

Day 2

9.15 - 10.15

- Manual Handling Risk Assessment
- Identifying & Assessing Risk
- MAC Tool - Video Training (Group Learning)

10.15 - 10.45

- Video Footage of Hazardous Pushing & Pulling
- Video Footage of Hazardous Throwing
- Video Training - Optimal Pushing & Pulling Technique
- Communication & Team Handling



10.45 - 12.30

- Practical Demonstrations & Group Practical
- Pushing Single Wheelie Bin
- Pushing 2 Wheelie Bins
- Pulling Single Wheelie Bin (facing the load)
- Pulling 2 Wheelie Bins (facing the load)
- Pulling Single Wheelie Bin (Facing away from the load)
- Pulling 2 Wheelie Bins (Facing away from the load)
- Pulling Single Wheelie Bin up curb (facing the load)
- Pulling 2 Wheelie Bins up curb (facing the load)
- Lowering Single Wheelie Bin down curb (facing the load)
- Lowering 2 Wheelie Bins down curb (facing the load)
- Pushing & Pulling Street Barrow
- Lifting & Pushing Street Barrow up curb

Loads to include Wheelie Bins, Commercial Bins/Eurobins, Paladin Bins, Street Barrow

12.30 - 1.15 Lunch

1.15 - 2.15

- Manual Handling Risk Assessment
- RAPP Tool – Video Training (Group Learning)

2.15 - 4.30

- Practical Demonstrations & Group Practical
- Throwing Loads
- Pushing & Pulling (continued)
- Team Pushing & Pulling of Commercial Bins
- Team Lifting, Carrying & Lowering *
- Team Lifting onto vehicle *

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





Day 3

9.15 - 10.15

- Manual Handling Risk Assessment
- Task/ Load/ Environment/ Individual
- Load Weight Guidance
- HSE Assessment Checklist
- Common Solutions to lower risk

10.15 - 10.45

- Group Discussion with Video Footage of Attendee Practical

10.45 - 11.15

- Group Practical
- Flawed & Negligent Manual Handling Techniques taught by UK Training Providers

11.15 - 12.30

- Practical Assessment

12.30 - 1.00 Lunch





1.00 - 2.30

Practical Assessment Continued

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2.30 - 3.30

Effective Teaching Skills

Preparation for Teaching Practice

2 Hour Course Development - Content/ Delivery/ Organisation

Initial Workforce Training

Refresher Training

Osteopathic Solutions Products & Services to support Target-Zero Workplace Musculoskeletal Disorders

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3.30 - 4.30

Written Assessment

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