



# Osteopathic Solutions

UK & Ireland Ltd

## 2 Hour Grounds Maintenance, Parks & Open Spaces 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

### 50 minutes

#### Practical Demonstrations & Group Practical

- Postural Awareness
- Semi Squat Lifting & Lowering \*
- Full Squat Lifting & Lowering \*
  - Lunge Lifting & Lowering \*
  - Carrying Loads \*

\*Loads to include Strimmers, Hedge Trimmers, Bagged loads, Waste Bags, Petrol Sucker Blowers, Turf etc.

### 35 minutes

#### Practical Demonstrations & Group Practical

- Pushing & Pulling \*\*
- Team Pushing & Pulling \*\*\*

\*\*Loads to include Mowers & Wheelbarrows

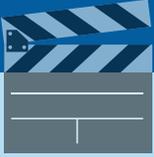
\*\*\*Loads to include Trailers

### 35 minutes

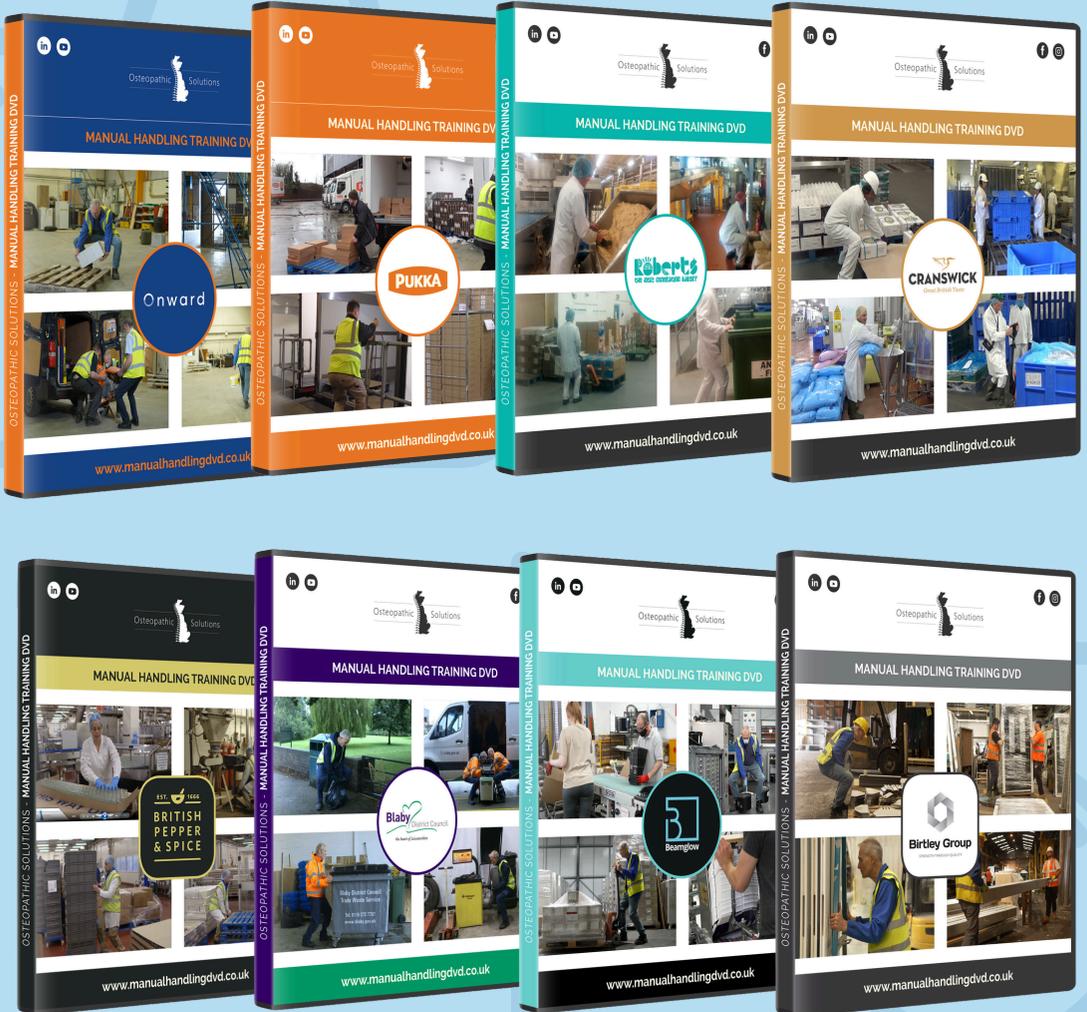
- Communication Skills & Team Handling
- Practical Demonstrations & Group Practical
  - Team Lifting, Carrying & Lowering \*\*\*\*

\*\*\*\*Loads to include Generators & Mowers (from vehicle/onto vehicle)

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