



1 Hour Manual Handling Practical Skills Course

Learning Outcomes

- Attendees will obtain a basic understanding of 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
 - 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
25 minutes

Practical Demonstrations & Group Practical

- Semi Squat Lifting & Lowering
- Full Squat Lifting & Lowering
- Carrying Loads

25 minutes

Practical Demonstrations & Group Practical

- Pushing & Pulling

10 minutes

Practical Demonstrations & Group Practical

- Team Lifting, Carrying & Lowering
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