



MANUAL HANDLING RISK MANAGEMENT PRODUCTS & SERVICES BROCHURE 2023



YOUR TOTAL
MANUAL HANDLING RISK
MANAGEMENT NEEDS COVERED



TRAINING



PRODUCTS



RISK ASSESSMENTS



CONSULTANCY



PRODUCTS

OUR MOST POPULAR



£150

TRAIN IN 15

- 15 MINUTE MANUAL HANDLING TRAINING VIDEO FILMED AT FOOD FACTORY, MANUFACTURING SITE, WAREHOUSE & COUNCIL DEPOT
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT AVAILABLE
- LEVERAGING BUSINESS GROWTH



£250

MANUAL HANDLING TRAINING DVD/ USB

- FILMED AT FOOD FACTORY, MANUFACTURING SITE, WAREHOUSE & COUNCIL DEPOT
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT AVAILABLE
- LEVERAGING BUSINESS GROWTH



£795

DIGITRAIN®

- BRINGS MANUAL HANDLING TRAINING 100% IN-HOUSE
- INDEFINITE IN-HOUSE TRAINING OF MANUAL HANDLING INSTRUCTORS
- NO YEARLY LICENSES
- REMOVES COSTS & ADMINISTRATION OF EXTERNAL TRAINING COMPANIES
- UPSKILLS SAFETY MANAGERS
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- CLEAR & REPEATABLE MESSAGE ACROSS SITES
- ONLY UK PRODUCT OF ITS KIND
- LEVERAGING BUSINESS GROWTH



£250

FOOD INDUSTRY MANUAL HANDLING TRAINING USB

- FILMED AT UK FOOD FACTORY
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT AVAILABLE
- LEVERAGING BUSINESS GROWTH



£250

MANUFACTURING MANUAL HANDLING TRAINING USB

- FILMED AT UK MANUFACTURING SITE
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT AVAILABLE
- LEVERAGING BUSINESS GROWTH

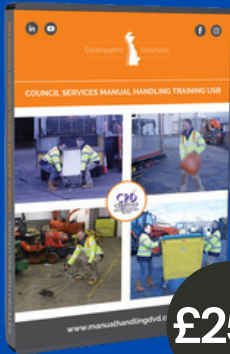


£250

DISTRIBUTION & LOGISTICS MANUAL HANDLING TRAINING USB

- FILMED AT UK WAREHOUSE
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT AVAILABLE
- LEVERAGING BUSINESS GROWTH

PRODUCTS



£250

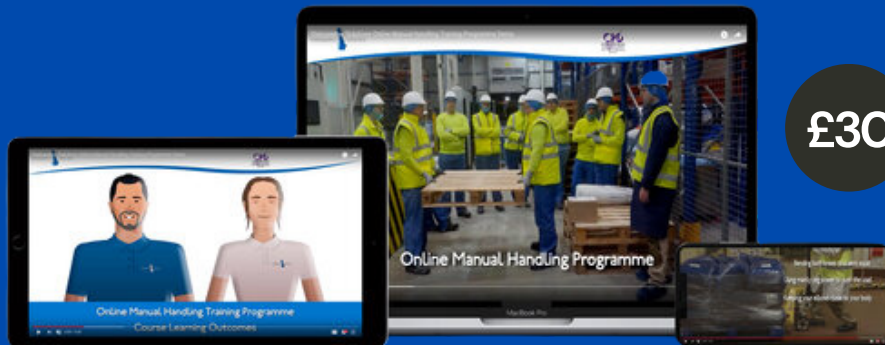
- FILMED AT COUNCIL WASTE SERVICES & GROUNDS MAINTENANCE DEPOT
- 30 MINUTE TRAINING VIDEO
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- EMPLOYEE ASSESSMENT AVAILABLE
- LEVERAGING BUSINESS GROWTH



£9995

BESPOKE MANUAL HANDLING TRAINING DVD

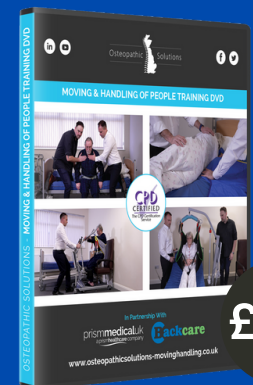
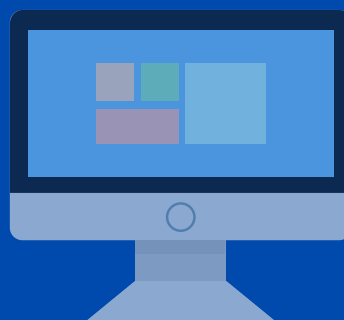
- CUSTOMISED TASKS FILMED AT YOUR SITE
- PROFESSIONALLY FILMED BY OUR VIDEOGRAPHER & MANUAL HANDLING EXPERT INSTRUCTOR
- TOTAL RUNNING TIME 30 MINUTES
- EMPLOYEE ASSESSMENT PACK INCLUDED
- PROFESSIONAL PRODUCTION TEAM
- INDUCTION & REFRESHER TRAINING
- CPD CERTIFICATION SERVICE CERTIFIED
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- LEVERAGING BUSINESS GROWTH



£30

ONLINE MANUAL HANDLING TRAINING PROGRAMME

- CLIENT LMS LOG IN
- CPD CERTIFICATION SERVICE CERTIFIED
- ONLY 30 MINUTES TO COMPLETE
- EMPLOYEE ASSESSMENT INCLUDED
- PRINTABLE ONLINE CERTIFICATE
- SUITABLE FOR ALL INDUSTRIES
- AVAILABLE IN ENGLISH, POLISH, CZECH & PUNJABI
- INDUCTION & REFRESHER TRAINING
- REDUCES MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- LEVERAGING BUSINESS GROWTH



£250

MOVING & HANDLING OF PEOPLE TRAINING DVD/ USB

- 25 TECHNIQUE & TRANSFER SECTIONS
- 3 HOURS OF VIDEO TRAINING CONTENT
- CPD CERTIFICATION SERVICE CERTIFIED
- INDUCTION & REFRESHER TRAINING
- EMPLOYEE ASSESSMENT AVAILABLE
- CQC & HSE COMPLIANCE
- REDUCES MOVING & HANDLING ACCIDENTS, CLAIMS & LEGAL FEES
- MAKES TRAINING SIMPLER, QUICKER & MORE COST EFFECTIVE
- LEVERAGING BUSINESS GROWTH

CONSULTANCY

MANUAL HANDLING & ERGONOMIC RISK ASSESSMENT



£995

OPTION 1 VIRTUAL RISK ASSESSMENT

- 7 TASKS COVERED
- YOU SEND US VIDEO FOOTAGE OF YOUR STAFF MEMBERS CARRYING OUT YOUR CHOSEN 7 PROBLEMATIC SITE TASKS
- MICROSOFT TEAMS CONSULTATION WITH OUR DIRECTOR & MANUAL HANDLING EXPERT GARETH MILNER
- GARETH WRITES THE RISK REDUCTION REPORT WHICH IS EMAILED ON COMPLETION

£1995

OPTION 2 ONSITE 1 DAY CONSULTANCY

- 7 TASKS COVERED
- OUR MANUAL HANDLING RISK ASSESSOR TRAVELS TO YOUR SITE TO DO A SITE TOUR, ASSESSING YOUR CHOSEN PROBLEMATIC TASKS WHILE TAKING VIDEO FOOTAGE & NOTES
- OUR MANUAL HANDLING RISK ASSESSOR WRITES THE RISK REDUCTION REPORT WHICH IS EMAILED ON COMPLETION

£3995

OPTION 3 ONSITE 1 DAY CONSULTANCY

- ALL SITE TASKS COVERED
- OUR MANUAL HANDLING RISK ASSESSOR TRAVELS TO YOUR SITE TO DO A SITE TOUR, ASSESSING ALL YOUR TASKS WHILE TAKING VIDEO FOOTAGE & NOTES
- OUR MANUAL HANDLING RISK ASSESSOR WRITES THE RISK REDUCTION REPORT WHICH IS EMAILED ON COMPLETION

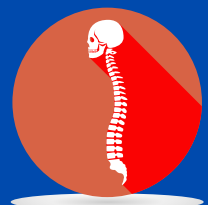


OPTION 1. EMPLOYEE MUSCULOSKELETAL DISORDER ASSESSMENT MANUAL HANDLING RISK ASSESSMENT & TRAINING CONSULTANCY

- CASE HISTORY & PHYSICAL EXAMINATION TO CONFIRM DIAGNOSIS (45 MINUTES)
- MANUAL HANDLING RISK/ ERGONOMIC ASSESSMENT OF EMPLOYEE TASKS (1 HOUR)
- 1-2-1 MANUAL HANDLING PRACTICAL SKILLS TRAINING (75 MINUTES)

THE COST OF THIS CONSULTANCY IS £850 TO COVER UP TO 2 EMPLOYEES OVER 1 DAY.

THE COST OF EACH EMPLOYEE'S MANUAL HANDLING RISK ASSESSMENT/ MEDICO LEGAL REPORT IS £295.



OPTION 2. EMPLOYEE MUSCULOSKELETAL DISORDER ASSESSMENT

EMPLOYEES CAN BE ASSESSED IN AN ONSITE CONSULTANCY INCLUDING THE CASE HISTORY AND PHYSICAL EXAMINATION USING MEDICAL, ORTHOPEDIC, NEUROLOGICAL AND OSTEOPATHIC EXAMINATION TO CONFIRM DIAGNOSIS.

THE COST OF THIS CONSULTANCY £850 TO COVER UP TO 6 EMPLOYEES OVER 1 DAY.

THE COST OF EACH EMPLOYEE'S MEDICO LEGAL REPORT IS £195.

ONSITE TRAINING

REDUCING MANUAL HANDLING LOST TIME ACCIDENTS,
INJURY CLAIMS & LEGAL FEES LEVERAGING BUSINESS GROWTH



- BESPOKE MANUAL HANDLING PROGRAMMES
- CPD CERTIFICATION SERVICE ACCREDITED
- COURSES RUN BY OCCUPATIONAL OSTEOPATHS
- INHERENTLY PRACTICAL IN CONTENT
- INDEFINITE POST COURSE SUPPORT

**3 DAY MANUAL
HANDLING
INSTRUCTOR
ASSESSOR COURSE**

£2995

FOR UP TO 8 ATTENDEES

**2 DAY MANUAL
HANDLING
INSTRUCTOR
ASSESSOR COURSE**

£1995

FOR UP TO 6 ATTENDEES

**1 DAY MANUAL
HANDLING
INSTRUCTOR
ASSESSOR COURSE**

£995

FOR UP TO 6 ATTENDEES

WORKFORCE BESPOKE MANUAL HANDLING TRAINING

PRACTICAL, TASK SPECIFIC & FROM ONLY £23.16 PER EMPLOYEE

PITCHED SIMPLY TO YOUR WORKFORCE BY OUR EXPERT MANUAL HANDLING INSTRUCTORS, BEING OCCUPATIONAL OSTEOPATHS, OUR JARGON FREE 3 HOUR, 2 HOUR & 1 HOUR PRACTICAL SKILLS COURSES TEACH YOUR WORKFORCE 'BACKSAFE' LIFTING, CARRYING, LOWERING, PUSHING, PULLING & TEAM HANDLING IN YOUR EMPLOYEES' WORKING ENVIRONMENTS

**3 HOUR
MANUAL HANDLING
PRACTICAL SKILLS
COURSE**

£850

UP TO
15
ATTENDEES

THE COST FOR 2 X 3 HOUR COURSES OR 1 X 3 HOUR COURSE OVER 1 DAY IS £850.

THIS COST IS INCLUSIVE OF COURSE CUSTOMISATION & OUR TRAVEL EXPENSES

**2 HOUR 100%
PRACTICAL MANUAL
HANDLING PRACTICAL
SKILLS COURSE**

£850

UP TO
10
ATTENDEES

THE COST FOR 3 X 2 HOUR COURSES OR 1 X 2 HOUR COURSE OVER 1 DAY IS £850.

THIS COST IS INCLUSIVE OF COURSE CUSTOMISATION & OUR TRAVEL EXPENSES

**1 HOUR 100%
PRACTICAL MANUAL
HANDLING PRACTICAL
SKILLS COURSE**

£850

UP TO
5
ATTENDEES

THE COST FOR 6 X 1 HOUR COURSES OR 1 X 1 HOUR COURSE OVER 1 DAY IS £850.

THIS COST IS INCLUSIVE OF COURSE CUSTOMISATION & OUR TRAVEL EXPENSES

BOOK: SORRY! WE'RE CLOSED



YOUR GO-TO BUSINESS
ENCYCLOPEDIA TO
LEVERAGE BUSINESS
GROWTH & YOUR
SALARY

ONLY

£29.99

BUY

OSTEOPATHICSOLUTIONS-
MANUALHANDLING.CO.UK/
PRODUCT-PAGE/SORRY-
WE-RE-CLOSED-BOOK-BY-
GARETH-MILNER

"A BUSINESS BOOK
I WISH I READ
SOONER"

"THROUGH REAL LIFE BUSINESS
TRAUMA OF INJURY AT WORK CLAIM
PAYOUTS & 50 HAND-PICKED, MANUAL
HANDLING RISK MANAGEMENT GEMS
OF ACTIONABLE TIPS, SORRY! WE'RE
CLOSED PRESENTS A REMARKABLE
RECIPE FOR ENSURING YOUR BUSINESS
STAYS OPEN. PROFITABLE & NOT
SUPPLYING THAT FORMER EMPLOYEE
WITH A 5 STAR, ALL-INCLUSIVE
HOLIDAY TO THE MALDIVES"

DIGITRAIN®



THE PRODUCT EVERYONE IN THE INDUSTRY HAS BEEN TALKING ABOUT!

OUR UNIQUE & INNOVATIVE DIGITAL PRODUCT FOR HEALTH, SAFETY & TRAINING PROFESSIONALS

"WANT TO SAVE YOUR BUSINESS £48,000 OVER 5 YEARS?"



DIGITRAIN® BENEFITS

- BRINGS MANUAL HANDLING TRAINING 100% IN-HOUSE
- ENABLING INDEFINITE IN-HOUSE TRAINING OF MANUAL HANDLING INSTRUCTORS
- REMOVES COSTS & ADMINISTRATION OF EXTERNAL TRAINING COMPANIES
- UPSKILLS HEALTH & SAFETY MANAGERS
- REDUCING MANUAL HANDLING ACCIDENTS
- REDUCES MANUAL HANDLING INJURY CLAIMS & LEGAL FEES
- COMPLIANCE WITH MANUAL HANDLING OPERATION REGULATIONS
- CLEAR & REPEATABLE MESSAGE ACROSS SITES
- LEVERAGING BUSINESS GROWTH WITH EFFECTIVE MANUAL HANDLING RISK MANAGEMENT

"THE ONLY UK PRODUCT OF IT'S KIND"

ONLY
£795



I CAN SAVE OUR BUSINESS £48,000?! TELL ME MORE

THE COST OF THIS UNIQUE, INNOVATIVE PRODUCT IS JUST £795. THAT'S NEARLY HALF THE COST OF OSTEOPATHIC SOLUTIONS* ONSITE 2 DAY MANUAL HANDLING INSTRUCTOR COURSE WHICH IS PRICED AT A HIGHLY COMPETITIVE £1995, TAKING UP TO 6 ATTENDEES. WITH THE EMPLOYMENT COSTS OF YOUR IN-HOUSE INSTRUCTOR OVER THE 2 DAY COURSE, THAT IS A SAVING OF AROUND £800* FOR THE FIRST COURSE DELIVERED. EACH COURSE AFTER WILL SAVE AROUND £1600*. IF YOU ARE PART OF A BIG UK GROUP (AS DIGITRAIN® IS A USB, ALL YOUR CONTENT TO YOUR GROUP INTRANET) IF FOR EXAMPLE YOUR GROUP RAN 6 X 2 DAY COURSES OVER A 12 MONTH PERIOD, THAT WOULD SAVE YOUR BUSINESS AROUND £9600, NOT TO MENTION THE COSTS OF ADMINISTRATION. IN 5 YEARS, THAT IS A SAVING OF £48,000. ALL FOR ONLY £795.

*USING OSTEOPATHIC SOLUTIONS 2 DAY COURSE COST.

MUSCULOSKELETAL DISORDER REHABILITATION

STRETCHING & PILATES CORE STABILITY EXERCISE CLASS

OUR NATIONWIDE TEAM OF REGISTERED OSTEOPATHS SPECIALISE IN THE EXPERT PROVISION OF ONSITE STRETCHING & PILATES CORE STABILITY CLASSES. THESE 1 HOUR CLASSES WILL AID YOUR EMPLOYEES TO PREVENT BACK INJURIES & FOR THOSE WHO HAVE SUFFERED A BACK INJURY FROM A MANUAL HANDLING ACCIDENT, SELF TREAT THEIR INJURY REDUCING MANUAL HANDLING LOST TIME ACCIDENTS, INJURY CLAIMS & LEGAL FEES. THESE 1 HOUR CLASSES ARE ALSO INDICATED FOR EMPLOYEES WHO REGULARLY USE DISPLAY SCREEN EQUIPMENT (DSE).



1 HOUR STRETCHING & PILATES CORE STABILITY EXERCISE CLASS

THE COST FOR 6 X 1 HOUR CLASSES OR 3 X 1 HOUR CLASSES OVER 1 DAY IS £850.

INCLUDES:

- EMAILED ATTENDEE CERTIFICATION
- FREE MANUAL HANDLING DVD (PICTURED)
- CLASSES RUN BY MEDICAL PROFESSIONALS
- IDEAL FOR HEALTH AND WELLBEING WEEKS

FROM
£28.33
PER
ATTENDEE



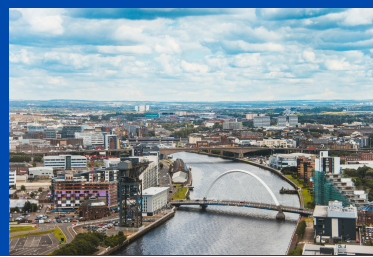
ACCREDITED PUBLIC MANUAL HANDLING INSTRUCTOR COURSES

LONDON

LEEDS

GLASGOW

MANCHESTER





£595

PER
ATTENDEE

- CPD CERTIFICATION SERVICE CERTIFIED
- COURSES RUN BY OUR OCCUPATIONAL OSTEOPATHS
- INHERENTLY PRACTICAL IN CONTENT
- CERTIFICATION & COURSE BOOKLET INCLUDED
- INDEFINITE POST COURSE SUPPORT
- COURSE DATES LISTED ON OUR WEBSITE



ONLINE TRAINING

AS WELL AS OUR ONLINE MANUAL HANDLING TRAINING COURSE PRICED AT JUST £30 PER USER, WE ALSO HAVE A RANGE OF ONLINE OPTIONS TAILORED TO YOUR COMPANY'S NEEDS INCLUDING:

VIRTUAL COURSES

FREE MANUAL HANDLING Q&A WEBINARS

FREE BACKCARE Q&A WEBINARS

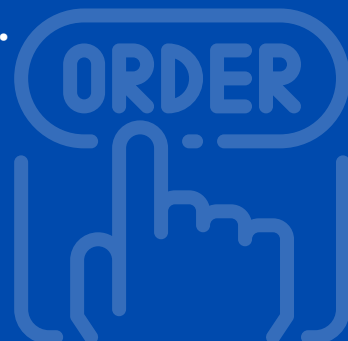


HOW TO ORDER ANY PRODUCTS OR SERVICES WITH US

BOOK BY EMAIL & PAY BY BACS AFTER INVOICE.
RING 0845 299 3513 TO RECEIVE OUR EMAIL

OR

BOOK/ORDER ONLINE ON OUR WEBSITE:
[OSTEOPATHICSOLUTIONS-
MANUALHANDLING.CO.UK](http://OSTEOPATHICSOLUTIONS-MANUALHANDLING.CO.UK)



MONEY SAVING CONTRACT OPTIONS

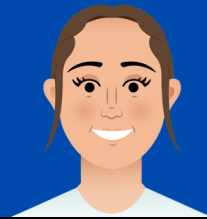
LESS MANUAL HANDLING ACCIDENTS, CLAIMS & LEGAL FEES

WIN

DISCOUNTED TRAINING & CONSULTANCY WITH OUR LONG TERM CONTRACT OPTIONS

OUR 1, 2 & 3 YEAR CLIENT CONTRACTS INCLUDE THE FOLLOWING BENEFITS:

- REDUCED TRAINING & CONSULTANCY COSTS
- LONGER PAYMENT TERMS
- ACCREDITED TRAINING PROGRAMMES
- FITTER, HEALTHIER 'AT WORK' WORKFORCE
- REDUCED MANUAL HANDLING LOST TIME ACCIDENTS
- FREE PUBLIC INSTRUCTOR COURSE BOOKINGS
- FREE CONSULTANCY DAYS
- FREE MANUAL HANDLING TRAINING DVD
- LESS RIDDOR REPORTS



"THINKING OF SPENDING A BIT MORE WITH US? WANT A DISCOUNT?"

1 YEAR CLIENT CONTRACT FEATURES & BENEFITS

MINIMUM SPEND

£6,995

DISCOUNT

5% REDUCTION ON STANDARD CHARGES

ADDITIONAL BENEFITS

- 1 FREE DAY OF ONSITE CONSULTANCY OVER THE 1 YEAR CONTRACT TERM
- 1 FREE ATTENDEE BOOKING ON OUR CPD ACCREDITED PUBLIC 2 DAY MANUAL HANDLING INSTRUCTOR ASSESSOR COURSE

2 YEAR CLIENT CONTRACT FEATURES & BENEFITS

MINIMUM SPEND

£13,995

DISCOUNT

7.5% REDUCTION ON STANDARD CHARGES

ADDITIONAL BENEFITS

- 2 FREE DAYS OF ONSITE CONSULTANCY

OVER THE 2 YEAR
CONTRACT TERM

- 2 FREE ATTENDEE
BOOKINGS ON OUR CPD
ACCREDITED PUBLIC 2
DAY MANUAL HANDLING
INSTRUCTOR ASSESSOR
COURSE

3 YEAR CLIENT CONTRACT FEATURES & BENEFITS

MINIMUM SPEND

£20,995

DISCOUNT

10% REDUCTION ON
STANDARD
CHARGES

ADDITIONAL BENEFITS

- 3 FREE DAYS OF
ONSITE CONSULTANCY
OVER THE 3 YEAR
CONTRACT TERM

- 2 FREE ATTENDEE
BOOKINGS ON OUR
CPD ACCREDITED
PUBLIC 2 DAY
MANUAL HANDLING
INSTRUCTOR
ASSESSOR COURSE

INTERESTED IN MORE INFORMATION?

IF YOU ARE INTERESTED IN OUR 1, 2, OR 3 YEAR CLIENT
CONTRACT OPTIONS PLEASE CONTACT OUR DIRECTOR
GARETH MILNER ON [0845 299 3513](tel:08452993513) TO DISCUSS OUR
UNIQUE PROGRAMME & THE FEATURES & BENEFITS OF
LONG TERM CONTRACTING WITH US.



OSTEOPATHICSOLUTIONS-MANUALHANDLING.CO.UK



0845 299 3515



LINKEDIN.COM/IN/GARETH-MILNER-OSTEOPATHIC-SOLUTIONS

