



## 2 Hour Manual Handling Practical Skills Course



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## **Learning Outcomes**

- Attendees will understand their responsibility within the Manual Handling Operations Regulations
- Attendees will understand the effects of Manual Handling Lost Time Accidents & the personal consequences of Back Injury involving symptoms & physical disability
- Attendees will obtain a basic knowledge & understanding of simple anatomy & 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**

**20 minutes**

Spinal Anatomy & Function

Biomechanical Causes of Back Injury

Video Footage of unsafe lifting, carrying, lowering, pushing & pulling





**45 minutes**

Practical Demonstrations & Group Practical

- **Postural Awareness & Squat Warm Up**
- **Semi Squat Lifting & Lowering**
- **Full Squat Lifting & Lowering**
- **Carrying Loads**

**40 minutes**

Practical Demonstrations & Group Practical

- **Pushing & Pulling**

**15 minutes**

Communication Skills & Team Handling

Practical Demonstrations & Group Practical

- **Team Lifting, Carrying & Lowering**

