



Registered Training Organisation: 2543

Manual Handling Training Program

Duration : 4 hours

Course Content

How you are designed - The aim of this session is to develop understanding of the design and functions of the back. The structure of the spine will be explained as well as the role ligaments and muscles play in manual handling operations

Common injuries we can suffer - Participants will be informed on common back problems including postural stress, ligament and muscle stress, osteoarthritis and disc injuries will be explained.

Back Care and Pain Prevention - Identification of factors involved in prevention of back injuries including:

- Maintaining good working postures
- Using correct manual handling principles
- Maintaining a minimum standard of fitness
- Reporting potentially hazardous situations
- Early reporting of symptoms of discomfort
- Back exercises

Safe Manual Handling - Introduction to the three stage approach to safe manual handling i.e. Risk Identification, Risk Assessment and Risk Control for legal compliance.

Review and Summary - Review of information shared and development of a "Hit" list of behaviours and practices for improvement

Register by completing the registration form and returning by fax to A.E.S. on 62720004 or for further information please phone 62335566. There is a \$45.00 cancellation fee if AES is not notified 24 hours prior to the course commencing alternatively the participant may be replaced by a substitute. Please note A.E.S. does not send out confirmation of registration. You will only hear from A.E.S. if the course is full or has been cancelled.

Registration Form

Contact Name: _____	Participant Names
Company Name: _____	_____
Address: _____	_____
Phone: _____ Fax: _____	_____
Email: _____	_____
Course Date: _____	_____
Course Location: _____	_____