

Manual Handling And Dynamic Movement

Manual handling is not just about protecting the spine; it is about reducing opportunity for damage to the musculo-skeletal system as a whole, which includes the spine, joints, muscles and the nervous system. Current figures show that some 37% of all injuries at work are caused through manual handling activities. Manual handling is also a common cause of injury outside the workplace. Different to the traditional manual handling training routine, this programme explains how the musculo-skeletal system works and how it can be injured. This is because experience has shown that people take far more interest, and exhibit more proactive behaviours, once they understand what is actually happening to them. Dynamic movement provides all personnel with a good understanding on how to improve their movement and handling techniques in the way evolution intended. Further, it demonstrates how to build and maintain core body strength and flexibility, both key factors in minimising injury.

Slip, trip and fall incidents account for 20% of workplace injuries. The principles behind dynamic movement also assist in reducing these types of incidents. Consequently, this training programme addresses the 2 major issues that currently accounts for 57% of workplace injuries

PROGRAMME OVERVIEW

The aims of this training course are to provide delegates with an understanding of how the skeletal, muscular and nervous systems works in order to provide physical movement and power (the musculo-skeletal system), and how to minimise injury through assessment, good handling techniques and general fitness.

WHO WILL BENEFIT

This training course is recommended for all persons in the full spectrum of employment areas, for example, from office environments through to physically demanding work activities.

STRUCTURE

Classroom-based workshop, including extensive use of practical demonstrations and practise

PROGRAMME CONTENT

The delegate will be able to:

- Understand how their own Personal Responsibility for Safety incorporates manual handling activities
- Be familiar with the injury types and problems – for themselves and for industry
- Understand the basic anatomy of the musculo-skeletal system, and how movement and manual handling can cause injury
- Appreciate the importance of maintaining, and be familiar with simple exercises to promote, basic levels of core body strength, flexibility (range of movement) and posture
- Identify hazards and factors associated with the load, individual, task and environment (LITE)
- Conduct a personal and dynamic assessment of the risks involved in an activity and identify appropriate means to remove or reduce such risks, including the use of mechanical aids
- Understand and use dynamic movement and handling techniques to reduce the risk of manual handling activities



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- Understand and use dynamic movement techniques to reduce the risk of slip, trip and fall incidents

PROGRAMME DETAILS

This course duration is one day

POST TRAINING

- Further support is available through hands-on coaching and advise

(A condensed half day module – manual handling basics only - is available that satisfies the requirement of the UKCS Minimum Safety Standards programme)