

Manual Handling MSD Injury Prevention & Management



COURSE OUTLINE

TOPIC 1: MANUAL HANDLING AND WHAT IT IS

The physical, psychological and organisational factors

Learning Outcome: Participants will have an understanding of the factors involved in Manual Handling

TOPIC 2: ANATOMY AND PHYSICAL ERGONOMICS

Your body, be your own ergonomist

Learning Outcome: Participants will gain a basic understanding of the links between the structure and function of the human body and applied Manual Handling Ergonomics

TOPIC 3: OCCUPATIONAL MUSCULOSKELETAL DISORDERS

Occupational musculoskeletal disorders

Learning Outcome: Participants will gain an understanding of the links between Manual Handling and Musculoskeletal disorders

TOPIC 4: MANUAL HANDLING CODES

Using Them In Your Workplace

Problem-Solving/Workshopping

Learning Outcome: Participants will gain experience in using the Manual Handling checklist demonstrating the knowledge gained in these sessions by applying Musculoskeletal disorder risk reduction information in their workplace

COURSE CONTENTS STAGE ONE

TOPIC 1: MANUAL HANDLING AND WHAT IT IS

Introduction and Group Background

Outline of Session

Manual Handling – The Issues:

Physical, Psychological, Organisational

Occupational Overuse Syndrome – The Issues:

Physical, Psychological, Organisational

TOPIC 2: ANATOMY AND ERGONOMICS

Anatomy – What Does What? What Happens In Injury

Ergonomics. Be Your Own Ergonomist. What Ergonomics Is. How to Apply Ergonomics

TOPIC 3: OCCUPATIONAL MUSCULOSKELETAL DISORDERS

Prevention

Minimising Effects of Injury

Treatment and Management

Recovery, Rehabilitation and Return to Work

TOPIC 4: MANUAL HANDLING CODES

Identification and Assessment

The Risk Factors

Using the Checklists Properly Based on Anatomy, Ergonomics and Risk Factors

Workshopping Problems and Solutions.

Questions and Answers

NEEDS

An area for training with tables and chairs.

Maximum group size 20 people (groups of 12 – 15 participants are ideal)

COST: POA