



Manual lifting

GENERAL DESCRIPTION:

The objectives of the training are to provide the necessary knowledge and skills to manipulate loads manually in a safe and ergonomic way.

To achieve these objectives, we provide the following training:

- ✓ Describing back injuries & accidents
- ✓ Analysing the origin of injuries
- ✓ Anatomy
- ✓ Physics of manual lifting
- ✓ Lifting correctly
- ✓ Exercises and evaluation

TRAINING SCHEDULE

Describing back injuries & accidents

- ✓ Back injuries and complaints
- ✓ Consequences of back injuries

Analysing the origin of injuries

- ✓ Describing the actual situations

Anatomy

- ✓ Vertebral
- ✓ Intervertebral
- ✓ Discussing a hernia
- ✓ Ischia

Physics of manual lifting

- ✓ General vertebral physics
- ✓ Back strain

Lifting correctly

- ✓ Manual lifting in practice
- ✓ Things to avoid
- ✓ Time pressure

Exercises and evaluation

- ✓ Different hands-on exercises
- ✓ Operations in the “real-world”
- ✓ Extremely challenging situations

Max # of candidates: 6/instructor
1 day