

## Manual Handling Training

**Musculoskeletal Disorders (MSDs)** are the most common cause of occupational ill health in Great Britain, currently affecting 1.0 million people a year and costing society £5.7 billion. MSDs affect the muscles, joints, tendons and other parts of the musculoskeletal system, and are aggravated and exacerbated by poor manual handling posture and techniques.

Premier Physical Healthcare offers a physiotherapeutic and ergonomics based manual handling training programme designed to:

- ◇ Improve productivity and reduce absenteeism related to musculoskeletal disorders.
- ◇ Refresh your approach to manual handling training and risk management.
- ◇ Reduce Lost Time Accidents (LTA) and illness.
- ◇ Avoid risk of litigation from employees.

### Onsite Manual Handling training for Employees:

For organisations without manual handling specialist trainers, a 2.5 hour On-Site Training Session, including delegate reference literature, delivered by our expert Chartered Physiotherapist trainers:

- ◇ How the body works in relation to lifting and moving, anatomy overview.
- ◇ Coaching on behavioural approach and individual self awareness.
- ◇ Consequences of poor Manual Handling.
- ◇ How to use safe and effective techniques to avoid injury at work and in their home environment.
- ◇ Interactive session in the employees' workplace where they identify risks and see for themselves how to reduce those risks.

### Manual Handling Risk Assessor Training:

Designed for Organisations without their own in-house trainers who want to develop a totally bespoke manual handling risk management (control strategy, internally managed) programme.

Two days On Site Coaching Session for your trainers (up to six delegates)

It also acts as a refresher course on legislative updates and best practice.

- ◇ The latest principles & techniques for safe Manual Handling.
- ◇ Practical advice and solutions for the major organisation's manual handling risks and how to use them as worked examples during training.
- ◇ Evaluation and coaching of trainer(s) to ensure best delivery of your onsite training.
- ◇ Session notes and presentation advice.
- ◇ Details and advice on regulation