

Manual Handling Training

Statistically manual handling injuries account for around 40% of all workplace accidents.

These injuries can be disabling and costly highlighting the need for a manual handling training program in every organisation because to some degree or other, everyone is exposed to the risk of incurring a manual handling injury.

It is recommended that all staff are updated at least annually in correct and approved moving and handling practices.

The QOL Manual Handling course will teach you how to safely identify risks, plan and perform manual handling tasks to maintain an injury-free workplace.

What does Manual handling training involve?

QOL Physiotherapy has a range of options to suit your company's needs including;

- **Onsite interactive manual handling training seminars (60-120 mins)**
- **Individual or small group specific training/coaching sessions (30-60 mins)**
- **Onsite warm-up for work stretching sessions**

Our scope of service extends from "one off" coaching for a symptomatic staff member to "company wide" preventive manual handling training for large organisations.

Essentially, we are able to offer services to suit any company's budget and safety requirements.

Contact QOL Physiotherapy on **(08) 9345 0842** to discuss options to organise YOUR Manual Handling Training today

QOL Physiotherapy
(08) 9345 0842
www.qolphysio.com.au



Simple effective training that make a real difference to your employees' quality of life.

"I have worked in a fairly labour intensive job for ~20yrs and I don't remember a time when I haven't experienced some degree of lower back pain and discomfort. After attending manual handling training with the QOL team I have learnt so much about the potential reasons for my pain and how to manage this. The training was Interactive and specific to my job role helping me to really identify the risks in my workplace. I have come away with techniques to alter the way that I work, and combined with stretches and exercises the physio's showed me, I am no longer suffering back pain. Not only am I able to do my job better I'm free to enjoy my weekends fishing pain free!"

- Ben Clarke (operations).

Benefits of Manual Handling Training

QOL's manual handling training educates employees on how to prevent common workplace musculoskeletal injuries, how to identify manual handling risks within their workplace and smarter ways of performing their own tasks that place less stress on the body.

We believe our training is by far the most effective program available at changing behaviour and raising manual handling risk awareness in the workplace.

The QOL system is very interactive and uses coaching tools that physiotherapists develop in treatment and exercise prescription when delivering the presentation.

Intended for

Anyone who may need to lift, move, push, pull, carry, hold or restrain objects in their workplace, home or vehicle.

Topics Covered

- What is manual handling?
- The risks and consequences of manual handling
- Legal requirements and responsibilities
- Assessing manual handling tasks and managing risk
- Using mechanical aids
- Safe lifting technique
- Manual handling scenario
- Exercises and stretches to help manage and prevent soft tissue injuries



**“WE DON'T GO TO WORK TO
GET HURT.”**



2/65 Main St
Osborne Park
P: (08) 9345 0842
E: enquiries@qolhealthcare.com.au
www.qolphysio.com.au