



OHS Training Specialists
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BACKBASICS MANUAL HANDLING RISK MANAGEMENT COURSE

Aims

This training is designed to provide managers, supervisors and manual handlers, with specific knowledge and techniques to help them to eliminate or minimize the risk of manual handling injury in their workplace.

Objectives

This training is aimed at helping to achieve the requirement of the National Standard for Manual Tasks that information and training be provided to employees to enable them to perform their manual tasks safely and also the requirement of the NSW OHS Regulation 2001 to ensure that employees are trained in manual handling techniques appropriate to their task and risks are eliminated or minimised.

The training is designed to be specific to the tasks of the employees so that all course participants;

- understand the reason for doing the task with the least risk,
- can recognize the risks and know what is the best way to do that task
- can perform the task in that way
- have an ability to perform stretch exercises that reduce the risk of injury
- can outline the basic manual handling responsibilities that apply in a workplace
- **can do a risk assessment on a manual handling task**

Content

1. The spine and nervous system,
2. Why injuries or sprain/strain result from unsafe manual handling practices,
3. Correct postures and manual handling techniques,
4. Stretch exercises for flexibility, risk reduction and stress relief,
5. Practice of safe techniques and principles in their work activities,
6. Conducted in the participants' workplace using their own equipment,
7. **Introduction to using WorkCover's manual handling worksheets to identify, assess, and eliminate or control, manual handling risks in their workplace.**

The Trainer

Practising chiropractor, experienced in bio-mechanics & manual handling problems.

Duration

Training for 3 1/2 hours in the workplace for up to 20 employees.

(bolded text indicates which content of this course is additional to the 2 hour BACKBASICS MH Program)