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## BACKBASICS SAFE MANUAL HANDLING COURSE

**Aims** To reduce injuries and workers' compensation insurance and to improve the effectiveness and morale of manual handlers. This tailor-made program provides manual handlers with specific knowledge & techniques to help them minimise the risk of injury.

### 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.

The training is designed to be specific to the tasks of the employees so that they;

- 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

### 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, conducted in the attendees' workplace using their own equipment.

**Duration** 2 hours

### Location & Requirements

This course is ideally conducted in the actual workplace.  
Seating is classroom-style and a whiteboard is required by the trainer.

**Trainer** Qualified chiropractor experienced in bio-mechanics & manual handling problems.