



OHS Training Specialists
COURTENELL Pty Ltd
as Trustee for the Vowles Family Trust
ABN 42164393628
ACN 050109281
PO Box 622, Broadway NSW 2007
Suite D Level 1, 176 Parramatta Road
Camperdown NSW 2050
train@courtenell.com.au ~ www.courtenell.com.au
Fax 02 9516 3644 ~ Phone 02 9516 1499

BACKBASICS WORKSTATION SET-UP & MANUAL HANDLING COURSE

Aims

To minimize the risk of physical stress, overuse and manual handling injuries by providing course participants with an understanding of and ability to apply workstation set-up and manual handling principles.

Objectives

On completion of this course participants will be able to :

1. Use a checklist to identify any adjustments that should be made to their workstation to prevent overuse injury.
2. Identify unsafe working habits and recognise the need to organise work so that tasks are varied.
3. Explain the function of their spine and nervous system.
4. Demonstrate safe manual handling principles.
5. Perform stretch exercises that will relieve discomfort and help avoid overuse or manual handling injury.

Content

This course covers the anatomy and biomechanics of the spine and provides practical guidance on the correct set-up of work stations, the prevention of occupational overuse injuries, backpain and safe manual handling. It is based on the *National Code of Practice for the Prevention of Occupational Overuse Syndrome* and the *National Code of Practice for the prevention of musculoskeletal disorders from performing manual tasks at work*.

Duration 2 hours

Location & Requirements

This course is ideally conducted in the actual workplace.

Seating is classroom style and an overhead projector and whiteboard is required by the trainer.

Trainer A qualified chiropractor who is experienced in bio-mechanics, workstation ergonomics and manual handling.