

Manual Material Handling

Description

With musculoskeletal disorders (MSDs) accounting for a significant percentage of lost-time claims a focus around ideal manual material handling injury prevention is essential. This course is designed to help reduce the risk of developing MSDs associated with manual material handling tasks (i.e. lifting, carrying, pushing and pulling).

This course focuses on an understanding of ergonomics, legislation and standards, MSD awareness and hazards particularly associated with manual material handling, primary ergonomic risk factors, and how to develop solutions to reduce and/or eliminate the risks related to manual material handling in the workplace.

Duration

2 hours

Deliverables

Presentation Handouts
Workplace Athletics Card

Training Modules

Learning Points

1. Ergo Basics

- High-level introduction to ergonomic principles: Forces, Posture, and Repetition.
- Review of Musculoskeletal basics and disorders.
- Importance of early intervention, reporting, and prevention.
- Review of non-neutral (Yellow Card) postures for the: shoulders, back, neck, hand/wrist, and legs.
- Use of "Workplace Athletics Rules" reference card.
- Interactive case study review to identify non-neutral (Yellow Card) postures.

2. Optimal Material Handling

- Understanding your role in ergonomics and injury prevention.
- Review of work methods and habits.
- Review of manual material handling requirements.
- How to reduce and/or eliminate ergonomic risk factors.
- Use of ergonomic devices and/or assistive aides.
- Safe manual material handling.
- An understanding of team lifting.
- Case studies.

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