

# 'CHALLENGING HSE GUIDANCE ON SAFER LIFTING PRACTICE'

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## An Overview

### PART 01



We take a look at the *HSE* Lifting Guidance linked with their Course Partnership with *NEBOSH*. You will see very quickly the lack of Expertise in Human Biomechanics displayed with the Lifting Practices demonstrated on this *HSE/ NEBOSH* Course Explainer Video. We introduce **Professor of Physical Therapy Nick Washmuth** and his *PubMed* Research Paper on Lifting Guidance. *Professor Washmuth* states that Physical Therapists are the only Professionals who can give advice on Manual Handling Practices such as Lifting.

### PART 02



We give a simple, concrete and credible analysis of the *HSE's* Lifting Guidance from an Osteopath's (i.e. Physical Therapist) Perspective using powerful details such as basic Human Biomechanics. We look at the debilitating Musculoskeletal Disorders the *HSE's* negligent Lifting Guidance will cause.

### PART 03



We ask the Question ... Has the *HSE* Lifting Guidance Stuck? ... with an Osteopath's credible critique of what 5 Manual Handling Training Companies teach for Lifting Inanimate Loads; Companies including **Elite Force Safety, Pristine Condition, ROSPA, IHASCO** and **Evolve Training**. In Part 3, there is much insightful unexpectedness.

### PART 04



We delve into *Professor of Physical Therapy Nick Washmuth's* *PubMed* Research Paper "**Lifting Techniques: Why are we NOT using Evidence to Optimise Movement?**" bringing together his Expertise and *Gareth Milner's* extensive Biomechanics study from his Bachelor of Science Osteopathy Degree; into what ACTUALLY is Optimal Lifting Practice. This is NOT a one size fits all. We will be presenting personalised **Prescriptive Techniques and Practices**.

### PART 05



We will be looking at the Legal aspect of your Employees NOT performing *HSE* recommended Lifting Practice; following Optimal Lifting Biomechanics that our UK Team of Physical Therapists expertly teach within our Bespoke Accredited Manual Handling Courses. With regards to the Legal aspect ... how you can protect your Business if an Employee does put in any form of Musculoskeletal Injury at Work Claim, being mindful following our Optimal Lifting Biomechanics will make this less likely than following the *HSE's* (and the Part 3 Companies critiqued) negligent guidance.



80,000 views & rising!

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