



2 HOUR REFUSE & RECYCLING MANUAL HANDLING 100% PRACTICAL SKILLS COURSE





Learning Outcomes

- Attendees will obtain a basic understanding of biomechanics of the spine
- Attendees will understand how Musculoskeletal Disorders (MSDs) are caused in their working environment through their natural practice of unsafe lifting, carrying, lowering, pushing, pulling & team handling
- Attendees will obtain an enhanced postural awareness
- Attendees will be competent in safer lifting, carrying, lowering, pushing, pulling, team handling techniques & practices in their working environment
- Attendees will be able to apply safer Manual Handling techniques & practices to awkward loads in their working environment
- Attendees will be able to critique biomechanically flawed techniques & practices taught in previous Manual Handling Training
- Attendees will reduce the likelihood of suffering a Manual Handling Injury at work



Course Outline

40 minutes

Practical Demonstrations & Group Practical

- Postural Awareness
- Semi Squat Lifting & Lowering *
- Full Squat Lifting & Lowering *
- Lunge Lifting & Lowering *
- Carrying Loads *
- Throwing Loads onto vehicle *

* Loads to include Dustbins, Refuse/ Recycling Bags, Paper Recycling Boxes, Food Waste Caddies etc.

80 minutes

Practical Demonstrations & Group Practical **

- Pushing Single Wheelie Bin
- Pushing 2 Wheelie Bins
- Pulling Single Wheelie Bin (facing the load)
- Pulling 2 Wheelie Bins (facing the load)
- Pulling Single Wheelie Bin (Facing away from the load)
- Pulling 2 Wheelie Bins (Facing away from the load)
- Pulling Single Wheelie Bin up curb (facing the load)
- Pulling 2 Wheelie Bins up curb (facing the load)
- Lowering Single Wheelie Bin down curb (facing the load)
- Lowering 2 Wheelie Bins down curb (facing the load)
- Team Pushing & Pulling of Commercial Bins

** Loads to include Wheelie Bins, Commercial Bins/ Eurobins, Paladin Bins