



2 HOUR STREET CLEANSING 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

1 hour

Practical Demonstrations & Group Practical

- Postural Awareness & Squat Warm Up
- Semi Squat Lifting & Lowering *
- Full Squat Lifting & Lowering *
- Lunge Lifting & Lowering *
 - Carrying Loads *
- Removing Refuse Bag from bin
- Throwing Loads onto vehicle
 - Sweeping

* Loads to include Refuse/ Recycling Bags, Boxes of Glass etc.

35 minutes

Practical Demonstrations & Group Practical

- Pushing & Pulling Street Barrow
- Lifting & Pushing Street Barrow Up Curb
- Team Pushing & Pulling of Commercial Bins

25 minutes

Team Handling Communication

Practical Demonstrations & Group Practical

- Team Lifting, Carrying & Lowering **
- Team Lifting onto vehicle **

** Loads to include Sofas, Sofa Beds, Fridge Freezers, Furniture, Hand Barrows, Carpets etc.