



## 2 HOUR GROUNDS MAINTENANCE 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

**50 minutes**

### Practical Demonstrations & Group Practical

- Postural Awareness
- Semi Squat Lifting & Lowering \*
- Full Squat Lifting & Lowering \*
- Lunge Lifting & Lowering \*
- Carrying Loads \*

\*Loads to include Strimmers, Hedge Trimmers, Bagged loads, Waste Bags, Petrol Sucker Blowers, Turf etc.

**35 minutes**

### Practical Demonstrations & Group Practical

- Pushing & Pulling \*\*
- Team Pushing & Pulling \*\*\*

\*\*Loads to include Mowers & Wheelbarrows

\*\*\* Loads to include Trailers

**35 minutes**

- Communication Skills & Team Handling
- Practical Demonstrations & Group Practical
- Team Lifting, Carrying & Lowering \*\*\*\*

\*\*\*\*Loads to include Generators & Mowers (from vehicle/onto vehicle)