

# PHYSIO4ALL

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## PHYSIO4ALL Manual Handling Training

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**PHYSIO4ALL** offers an innovative, informative and practical Manual Handling Training Program which is specifically designed to help you meet your occupational health and safety responsibilities and provide a safe and comfortable workplace for your staff.

## **Why choose PHYSIO4ALL's Manual Handling Training program:**

- **Training run by highly experienced physiotherapists**
- **Evidence based training program**
- **Current trends and developments in spinal care and lifting**
- **Exciting, new and dynamic lifting techniques**
- **Informative theoretical component**
- **Interactive practical session**
- **Manual provided on all training concepts**
- **Picture/video analysis assessment of workplace manual handling techniques**
- **Program designed to fit the needs of your company**
- **Advice on lifting equipment and tools**
- **Convenient on-site location**
- **Flexible training times**

## **Benefits of PHYSIO4ALL'S Manual Handling Training program:**

- **Valuable education tool for your employees involved in Manual Handling**
- **Informative process on risk analysis and hazard identification**
- **Practical safe application of worksite assessment**
- **Delivery of safe evidence based lifting techniques to be used in all facets of life**
- **Spinal decompression exercises taught to all participants**
- **Core stability exercises taught to all participants**
- **Exercises designed for the workplace and home**
- **Advice on body conditioning for those involved in manual handling**
- **Postural advice for the workplace and for life in general**

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## Manual Handling Training Workshop

(Approx 3-5 hours depending on numbers)

This workshop will cover the following topics:

- Current trends in Manual Handling
- Manual handling injuries
- A Safe Workplace & Management Commitment
- Manual Handling Legislation
- Safe Work Procedures & Reporting Safety
- Anatomy of the Spine
- Lifting Techniques
- Exercise and Manual Handling
- Self Assessment Tools
- Manual Handling Risk Factors and assessment
- Manual Handling Hazard Identification

Each participant will receive a manual which is designed as a resource for future reference. Each manual includes the entire Manual Handling Training Workshop and has easy-to-follow guidelines.

## **Investment: POA**

For any further information please feel free to call us on 9922 2212. We look forward to hearing from you.

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