

Manual Handling and Back Safety

Do you know what are the hazards at your workplace?

Are you practising the correct posture when performing tasks?

Introduction

40 or more hours per week is the average time an employee works in an organisation but justifying physically being there does not guarantee injury free. However, if the organisation focuses on the well-being and efficiency of employees; employee's motivation and work commitment to the company can concurrently improve. Thus, this practical and interactive programme has been specifically designed to assist the courier and postmen staff in terms of understanding their work nature and how to effectively carry out their daily tasks.

Program Objectives

This training aims to:

- Understand manual handling and its risks at the workplace
- Identify adverse health effect due to ergonomics risks especially from manual handling
- Identify practical methods used to reduce hazards due to manual handling

Learning Outcomes:

At the end of this training, participants should be able to:

- Assess the safety measures of oneself in the office
- Apply the correct posture while performing tasks

Who should attend?

Courier delivery staff, postmen, frontliners and anyone who directly involved with specific tasks

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	Control Measures in Manual Handling <ul style="list-style-type: none">● What is manual handling?● Example of Manual Handling Tasks● What are the risks of manual handling?● When does it become hazardous?● What makes manual handling hazardous?● What do you have to do?
10.30am-11.00am	Morning Break
11.00am-1.00pm	Prevention Of Back Injuries and Back Protection Exercise <ul style="list-style-type: none">● Why Back Injuries Occur● Types of Back Injuries● General Causes of Back Injury● Which Can Cause a Back Injury?● Activities That Can Cause Back Injury● Back Injury Conditions and Causes● Injury Prevention<ul style="list-style-type: none">○ Maintain Proper Posture○ Condition Your Back○ Exercises● Safe Practices