



Risk Assessor - manual handling and ergonomic risk tools

Who is this course for:

This one-day course is suitable for all delegates (e.g. OH, HR & safety) who are interested in reducing the risk of musculoskeletal disorders (MSDs) in the workplace. It will provide basic underpinning knowledge of the commonest types of musculoskeletal injury and their causes. We will review the manual handling risk assessment process and other tools for assessing body posture including REBA/RULA, ART plus body mapping and the Borg comfort scale. This information can feed into organisational strategy for risk reduction, enable risk assessments to be more proactive and complement team and individual educational approaches aimed at the worker to reduce cumulative pain and injury.

Trainers:

The training team are experienced occupational health & safety practitioners whom have specialised in musculoskeletal disorders and have training and management experience. They have worked and advised organisations and workers within a variety of professions and environments.

Why attend:

Cumulative musculoskeletal disorders are prevalent in the workplace and frequently tolerated by the worker as 'part of the job'. Relatively minor improvements in body postures and/or different ways of working can reduce strain and tension. If not acted upon in a timely manner chronic pain and reduced range of movement may result affecting mobility and capability at work. Many MSDs can be prevented and healed through robust risk assessment, postural advice, education in relation to pain control, active treatment and job specific strength and flexibility requirements.

Overview (indicative content):

- What is manual handling (MH)?
- Manual handling risk factors and the MH risk assessment process (generic and specific)
- Identifying higher and lower risk tasks through assessing detailed worker reality of work posture through observation using REBA, RULA, ART and perception through body mapping and comfort scales
- Line managers, assessors and worker responsibilities
- Decreasing risk of injury through enabling more neutral posture at the joints
- Risks associated from manual activity and PPE use
- Myth Busters - there are no maximum handling weights in the legislation
- Case studies e.g. repetitive work in the post room, machinists and shipping container loading

Visit www.ohlearninghub.co.uk to book this course online

Note: The 'DSE - display screen equipment risk assessor and OH needs of offices, call centres and home/remote workers' courses may offer complimentary ergonomics related knowledge to other groups in the workplace. Please see www.ohlearninghub.co.uk website for more details.