

HAZARDOUS MANUAL TASK TRAINING

Training for front-line staff to build knowledge about basic anatomy and physiology, the interaction of manual task risk factors, and the principles associated with risk management and good work design.

Task-based problem solving is encouraged in a highly interactive forum for participants. Workplace competency assessment is included. We turn some age-old assumptions upside-down and inside out (about lifting technique!). We focus on hazard identification, risk assessment, and the application of a hierarchy of controls. Training may be customized for management, also, in train-the-trainer practice with guidance for risk assessment, interpretation of legislative or regulatory compliance, and development of strategies for risk controls in the workplace.

Key content:

- » Functional Anatomy & Physiology: Implications for musculoskeletal disorder and injury management
- » Manual task discomforts, injury types, and symptoms
- » Manual task hazards and contributing factors
- » Biomechanics (& the implications when risk factors are present) - the foundations
- » Effective work design strategy

Competency developed:

- » Able to identify at least three hazardous manual task examples
- » Able to identify at least three elements of hazard exposure as they apply to manual task risks

- » Applied understanding of the safe manual task approach for one or more person(s)
- » Applied understanding of load or task variations that affect muscular effort
- » Able to identify appropriate equipment, tool use, or devices for safe approach in manual tasks
- » Applied understanding of the “Handshake Zone” – controlled work area
- » Demonstrated knowledge of principals for minimizing risks – problem solved at least two control strategies to minimise risk following a hierarchy of controls

Participants are assessed for competency in the following ways:

- » Observation of participant engagement: group brain storming, case study discussion, nominating worksite examples for task (re) design or new methods of approach – with facilitated hazard identification and control interventions
- » Participation in practical demonstrations such as functional movement analysis of squats (and why “safe lifting” is NOT the focus of our training), static postural variations, neurological movement pattern effects, and discussion about work application.