

MANUAL HANDLING (BACK CARE)

“Protect Your Back — Move Smarter, Work Safer.”

Schedule

Venue	Fees
In-House	ASK FOR THE QUOTATION

► Available delivery methods: In-House Training

Introduction

Manual handling is one of the leading causes of workplace injuries, particularly musculoskeletal disorders (MSDs) such as back pain and spinal injuries. This 5-day comprehensive course equips participants with essential knowledge and practical skills in safe manual handling, ergonomic best practices, and back care. Participants will learn how to assess manual tasks, apply correct lifting techniques, and reduce the risks associated with poor posture and repetitive movements.

Objectives

- By the end of this training, participants will be able to:
- Understand the risks associated with manual handling and poor back care
 - Apply correct techniques for lifting, pushing, pulling, and carrying
 - Conduct manual handling risk assessments using best-practice frameworks
 - Recognize ergonomic hazards and apply control measures
 - Promote a culture of safety and injury prevention in manual tasks

Why Attend

Back injuries can be career-limiting and financially burdensome. This course empowers you to take control of your physical safety, prevent injury, and foster a safer work environment for yourself and others.

Target Audience

- Factory, Warehouse, and Logistics Workers
- Maintenance and Construction Personnel
- Healthcare and Hospitality Workers
- Office Staff involved in occasional lifting or repositioning
- Health & Safety Officers and Supervisors

Individual Benefits

- Protect yourself from long-term back injuries and pain
- Learn lifting techniques that reduce strain and increase efficiency
- Gain awareness of workplace hazards and injury prevention techniques
- Boost personal health, safety awareness, and productivity

Organizational Benefits

- Reduce absenteeism and compensation claims due to MSDs
- Improve safety culture and employee morale
- Lower workplace incident rates and insurance premiums
- Meet workplace health and safety compliance standards

Instructional Methodology

- Demonstrations of lifting and moving techniques
- Interactive group discussions and assessments
- Real-world case studies and injury analysis
- Ergonomic assessments of actual work tasks
- Stretching and back care routines

Course Outline

DETAILED 5-DAY COURSE OUTLINE (CUSTOMIZABLE)

- Training Hours:** 7:30 AM – 3:30 PM
- Daily Format:** 3–4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00
- Day 1: Foundations of Manual Handling Safety**
- Module 1:** Introduction to Manual Handling and Injury Statistics (07:30 – 09:30)
 - Module 2:** Anatomy of the Spine & Causes of Back Injuries (09:45 – 11:15)
 - Module 3:** Legal Requirements & Employer Responsibilities (11:30 – 01:00)
 - Module 4:** Basic Back Care and Postural Awareness (02:00 – 03:30)
- Day 2: Hazard Identification & Risk Assessment**
- Module 1:** Recognizing Hazardous Manual Tasks (07:30 – 09:30)
 - Module 2:** Manual Handling Risk Assessment Process (09:45 – 11:15)
 - Module 3:** Task-Specific Risk Controls (11:30 – 01:00)
 - Module 4:** Participatory Workplace Assessment (02:00 – 03:30)
- Day 3: Safe Handling Techniques**
- Module 1:** Principles of Safe Lifting (07:30 – 09:30)
 - Module 2:** Practical Lifting, Pushing, Pulling, Carrying (09:45 – 11:15)
 - Module 3:** Handling Awkward Loads & Team Lifting (11:30 – 01:00)
 - Module 4:** Tools and Aids: Trolleys, Hoists, and Slings (02:00 – 03:30)
- Day 4: Ergonomics & Injury Prevention**
- Module 1:** Introduction to Workplace Ergonomics (07:30 – 09:30)
 - Module 2:** Adapting Workstations and Task Design (09:45 – 11:15)
 - Module 3:** Office Ergonomics and Non-Manual Risks (11:30 – 01:00)
 - Module 4:** Stretching Routines & Back Health Exercises (02:00 – 03:30)
- Day 5: Practical Evaluation & Back Care Strategy**
- Module 1:** Role Play and Manual Handling Simulation (07:30 – 09:30)
 - Module 2:** Evaluating Workplace Manual Tasks (09:45 – 11:15)
 - Module 3:** Group Safety Presentation & Back Care Planning (11:30 – 01:00)
 - Module 4:** Final Assessment, Certification, and Wrap-Up (02:00 – 03:30)

Certification

Upon successful completion of theoretical and practical assessments, participants will receive a **Manual Handling & Back Care Certificate**, compliant with occupational health and safety guidelines. Certification remains valid for **2 years** and supports renewal via refresher training.

Why Choose MAWA Events

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In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: +601116373203	EMAIL: info@mawaevents.net
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