

# MANUAL HANDLING TRAINING AND CONSULTING SERVICES

**61%** In 2013–14:  
a total of  
106 565  
serious claims were accepted by Australian workers' compensation authorities - 61 percent of serious claims were for sprains, strains and musculoskeletal disorders\*.

\* For more information, see the Australian Workers' Compensation Statistics 2013-14 report.

- **SHAPE UP** the workplace (hazard identification, risk assessment and controls, safety behaviour)
- **SHAPE UP** the individual (health and wellbeing, physical activity)
- **SAFE SHAPE** a safe posture (optimal techniques to minimise risk of MSDs)

## SHAPE: Safe, Healthy And Productive Employees

**SHAPE UP your...**



**WORKPLACE**  
Hazard identification, risk controls, safety behaviours and housekeeping



**SELF**  
Core strength, health and well-being and physical activity



**POSTURE**  
A safe shape is an S-shape spine

Safe  
Healthy  
And  
Productive  
Employees

Injuries related to manual handling activities continue to be an issue for many workplaces and come at huge direct and indirect expense.

### Recovre can assist.....

We know that addressing Musculoskeletal Disorders (MSDs) is a multi-faceted approach.

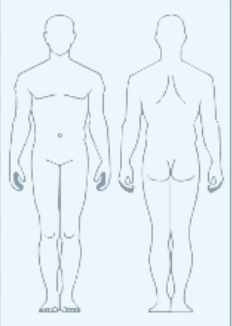
Our training and consulting services are developed and delivered by our expert team of Occupational Therapists, Physiotherapists, Exercise Physiologists and WHS Consultants.

Recovre approaches manual tasks training and consulting services using our unique "SHAPE UP" methodology. This adopts principles of Participatory Ergonomics, to drive behavioral change and risk management strategies to continue back in the workplace.

### Identify the risk

Think about the task and draw a line from each affected body part connecting the body part to it's score on each section. Use different colours for each body part.

	1	2	3	4	5
<b>Application of force</b> - how much effort is required?	No effort		Moderate effort/speed		Maximal effort/speed
<b>Duration</b> - how long does the task require?	<10 min		30 - 60 min		>2 hrs
<b>Awkward body position</b> - How uncomfortable is your posture?	Neutral		Moderately Uncomfortable		Very Uncomfortable
<b>Repetition</b> - How often is the same action repeated?	None		Cycle time <30 sec		Cycle time <10 sec
<b>Vibration</b> - How much vibration for the body or hands?	None		Moderate		Extreme



Turn the page and do the risk control flow chart for any scores of 4 or 5.



## WE PROVIDE A RANGE OF TRAINING AND CONSULTING SERVICES TAILORED TO DIFFERENT WORKPLACE PERSONNEL;

- Management (senior and frontline)
- Operational workers
- Appropriate employees (e.g. Health and Safety Representatives and WHS positions) that can take on a role to promote injury prevention education for the future.

We have several learning modules that can be tailored to your workplace needs.

MANAGERS	WORKERS	SITE CHAMPIONS
<input type="checkbox"/> Manual Handling Risk Assessment	<input type="checkbox"/> Safety behaviour and habits	<input type="checkbox"/> Creating Job Descriptions for the role
<input type="checkbox"/> Data Gathering Services: Functional Movement Screen, ViMove wearable back sensors	<input type="checkbox"/> Technique: Foundations of good movement	<input type="checkbox"/> Higher level understanding of anatomy and biomechanics
<input type="checkbox"/> Storage Principles and workplace ergonomics	<input type="checkbox"/> Self-Care Practical Sessions	<input type="checkbox"/> Ergonomics principles
<input type="checkbox"/> Developing Controls	<input type="checkbox"/> Ergonomics Basics	<input type="checkbox"/> Lower back and neck injury prevention
<input type="checkbox"/> Benefits of Self-care Programs	<input type="checkbox"/> Hazard Awareness for Workers	<input type="checkbox"/> Lower limb injury prevention
<input type="checkbox"/> Cultural Change	<input type="checkbox"/> Developing core stability	<input type="checkbox"/> Upper limb injury prevention
<input type="checkbox"/> Reporting MSDs and early intervention	<input type="checkbox"/> Mindfulness to reduce MSDs	<input type="checkbox"/> Competency assessment
<input type="checkbox"/> Enhancing wellbeing programs	<input type="checkbox"/> Injury management techniques for the ageing workforce	<input type="checkbox"/> Toolbox presentations and workplace resources

## CONSULTING SERVICES INCLUDE:

- Manual Handling Policy & Procedure review and development
- Manual Handling Risk Assessment
- Equipment recommendations
- Customised manual tasks poster & workplace tools development (including video, online programs content development & tool kits)

Contact us to walk you through a self-assessment of your manual handling needs to assist you explore the multiple causes of manual handling related injuries in your workplace.

E: [victraining@recovre.com.au](mailto:victraining@recovre.com.au) T: +61 3 86894665

Also visit our website [www.recovre.com.au](http://www.recovre.com.au)