



InterSafe

Human Energy Training Course

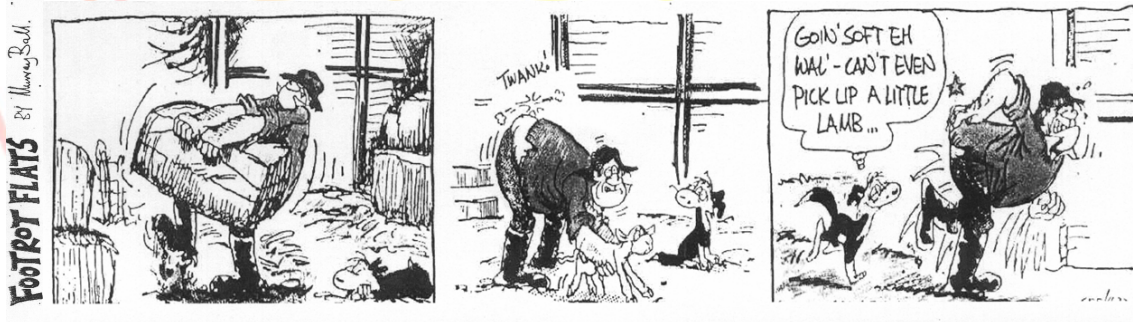
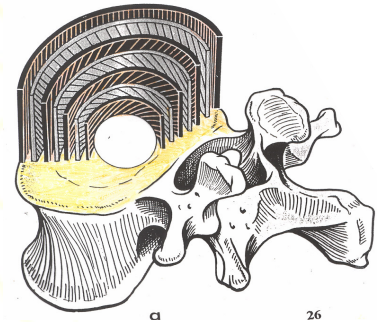
An Understanding of how Human Energy Permanently Damages People

Course duration: 2.5 hour short course

Course outcomes:

Participants will;

- Identify human energy as a **significant source of non-fatal permanent damage** to persons in the Australian workforce.
- **Understand the structure** of the human musculoskeletal system eg. spine.
- Understand the mechanisms of damage and repair to the musculoskeletal system including **the difference between back pain and back damage**.
- Recognise a range of **human loading guidelines** eg. Biomechanical, physiological, psychophysical.
- Understand the **limitations of posture focussed lifting strategies and team lifting strategies**.
- **Identify tasks** within their current work and home situations that have the potential to produce permanent damage.
- **Identify control measures** to reduce musculoskeletal damage into the future.



The Human Energy Course sets a Clear Focus for Manual Tasks

*Other short courses available in:
Electrical Energy, Gravitational Energy and Vehicular Energy.*

Contact **Roger Kahler** or **Phillip Byard** on **07 3895 8111** for more details.

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InterSafe

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