



## Training Courses

### Module 2: Understanding Human Energy – Manual Handling

**Risk management is an integral part of any organisation's OH&S management system. For the process to succeed, appropriate knowledge is needed.**

This course is designed to provide factual information to assist people with managing risk associated with Manual Handling, including;

1. **Hazard Identification** – information relating to the types and frequencies of Manual Handling incidents within the workplace.
2. **Risk Assessment** – information relating to the 'reasonable consequences' associated with Manual Handling incidents in the workplace as well as the likelihood of those injuries.
3. **Risk Control** – information relating to effective control measures for Manual Handling incidents within the workplace.



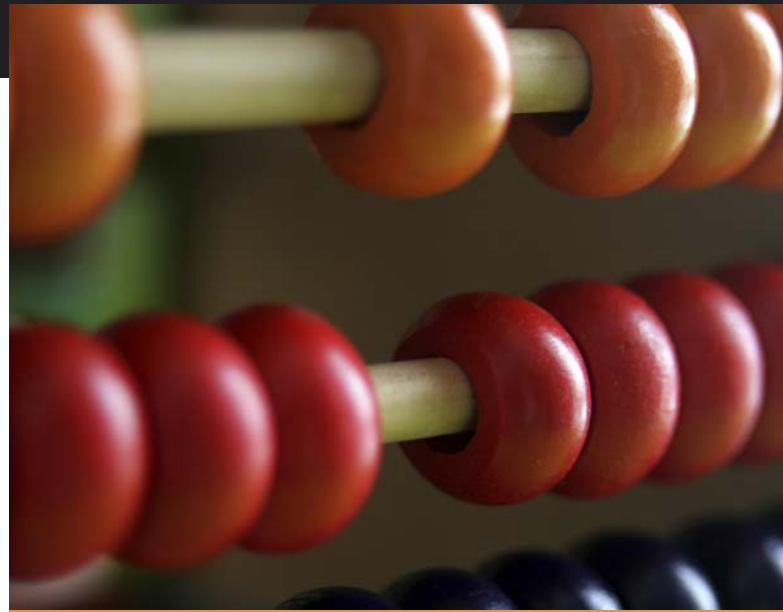
### Outcomes of this Course

This course will help the participant to:

1. Identify Human Energy - Manual Handling as a significant source of Non-Fatal Permanent Damage to persons in the Australian Workforce;
2. Understand the structure of the human musculoskeletal system, particularly the spine;
3. Understand the mechanisms of damage and repair to the musculoskeletal system including the difference between back pain and back damage;
4. Recognise a range of human loading and Manual Handling guidelines (e.g. biomechanical, physiological, psychological);
5. Understand the limitations of posture focussed lifting strategies and team lifting strategies;
6. Identify tasks within their current work and home situations that have the potential to produce permanent damage; and
7. Identify control measures to reduce musculoskeletal damage into the future.

### Course Outline

- 1. Back Damage**
  - Understanding Back Damage
  - The Spine and Intervertebral Discs
  - Pain and it's Effect
- 2. Personal Risk Factors for Musculoskeletal Injury**
  - Personal Risk Factors
  - Ratings of Perceived Exertion
- 3. How are Guideline for Lifting, Pushing, Pulling and Carrying Tasks Set?**
  - Biomechanical Approach
  - Acceptable Loads on the Spine
- 4. Recommended Manual Handling Guidelines**
  - Weights of Lift
  - Push / Pull Forces
- 5. Shared Lifting**
  - Dangers of Shared Lifting
  - Recommended Weights of Lift
- 6. Lifting Techniques**
  - Analysis of Lifting Techniques
  - Limitations of Lifting Techniques as a Control Measure
- 7. Unexpected Loading**
  - Examples of Unexpected Loading
  - Consequences of Unexpected Loading
- 8. Recommended Principles for Manual Handling**
  - Key Learnings
  - Principles (Not Rules) for Lifting
- 9. Predicting Human Energy Incidents**
  - Near Miss Reports vs Unreported Experience
  - Strategies to Capture Unreported Experience
- 10. Situations of Interest**



### Other Energy Concepts™ Courses

This course can be built on by a range of other courses in the Energy Concepts™ series, including:

Module 1: Understanding Permanent Personal Damage

Module 4: Understanding Vehicular Energy

Module 3: Understanding Gravitational Energy

Module 5: Understanding Electrical Energy

### Next Steps

If you would like to discuss an **Energy Concepts™** course or how InterSafe could assist you please contact one of our team on:

**+61 7 3895 8111**

or [enquiries@intersafe.com.au](mailto:enquiries@intersafe.com.au)

### Who is InterSafe?

InterSafe specialises in incident investigation. InterSafe has assisted our clients in effectively controlling the future through preparation of more than 10,000 comprehensive incident reports (dealing mostly with fatal/permanently disabling occurrences) throughout 60 years of collective experience.

This experience has led to a unique way of thinking about, investigating and preventing incidents. InterSafe shares these powerful and effective investigation models and techniques through a range of courses and services.



## InterSafe

Protecting People

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