

# Manual Material Handling

## ~ Back Safety ~

Outline	Learning Objectives
<p>This half-day program teaches basic awareness of how to handle materials and heavy loads in a way that protects one of the most important areas of the body, the back. The course discusses how a healthy back functions, types of back injury and their common causes, the three basic steps for lifting simple objects, dealing with complex loads and tricky lifts, and six questions to ask yourself prior to attempting any lift. Paramount throughout the program is the emphasis on safe lifting, always lift within your capacity.</p>	<ul style="list-style-type: none"> <li>• Understanding how the back works</li> <li>• Defining back pain and types of injuries</li> <li>• Common injury causes</li> <li>• Manual handling techniques</li> <li>• Evaluating loads</li> <li>• Understanding the capabilities of the person lifting</li> <li>• Preventing back injuries</li> </ul>
	<p><b>Competencies</b></p> <p>Participants are required to complete the Global Training Centre written competency check to a minimum 70% pass level in order to obtain a pass mark.</p>

### COURSE COSTS

- For courses held at Global: **\$90.00** per student, OR,
- For courses held at your site:
  - Instructor's day rate @ \$725.00 per day (including travel days, if applicable, up to 10 hours. After 10 hours rate: \$72.50/hr)
  - Book fee @ \$44.00 per student
  - Shipping @ cost (if applicable)
  - Airfare, car rental & hotel @ cost +12% (if required)
  - Mileage @ \$0.95 per kilometer
  - Subsistence \$75.00 per day including travel days

**To book this course, or for more information, contact Global Training Centre at:**

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