

Case Study Title: Manual Handling Ergonomics Train the Trainer

Background: Many clients have been provided with a bespoke manual handling and ergonomics train the trainer programme.

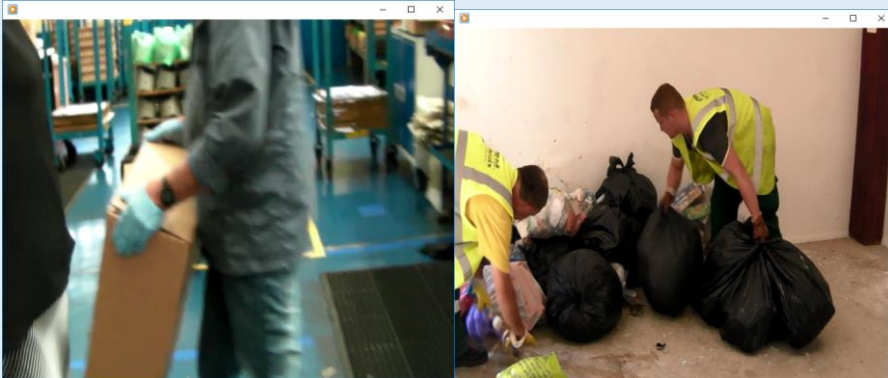
The organisations that have been trained have included:

- Mortuary workers
- Refuse Workers
- Warehouse operatives
- Distribution and fulfilment centres
- Food manufacturing plants
- Engineering plants
- Oil and Gas
- Sea going Vessels
- Office staff

Ergonomic Approach Taken:

- A site visit to observed the tasks conducted
- Ergonomic review of the tasks
- Compile report of the findings with recommendations
- Write a bespoke training programme on manual handling and ergonomics
- Utilise images and video to allow delegates to understand the risks
- Train the trainer delivered over two days
- Ongoing support provided

Images



Analysis Methods:

- MAC (Manual Handling Assessment Charts)
- ART (Assessment of Repetitive Tasks)
- REBA (Rapid Entire Body Assessments)
- Push/pull forces

Outputs:

- A bespoke tailored ELITE BACKS manual handling train the trainer package that can be delivered by the champions
- Plastic cards summarising principles
- Ergonomic change team
- Detailed report

Impact

- Training that is relevant and applicable
- Understood easily due to the visual nature of the training
- Reduction in manual handling and repetitive injuries
- End users adopted better postures and set up through awareness
- Reduced risk on injury, discomfort and increased productivity