



Preventing and Managing Discomfort, Pain and Injury (Manual Handling)

UNIT STANDARD: 17591, 17592

Outline

This course builds understanding of the causes and symptoms of Discomfort, Pain and Injury (DPI) and the risk factors involved with manual handling. Students will gain an understanding of methods to prevent and manage the development of symptoms and how to minimise risk.




This course has been designed for:

-  All employees, supervisors, and managers who are involved in repetitive, forceful work or sustained postures where there is a risk of DPI.
-  All employees who are involved in planning and/or undertaking manual handling tasks.

Objectives

On successful completion, students will be able to:

- + Know how the spine works.
- + Understand the risk factors for injuring your back.
- + Apply techniques for preventing back injury.
- + Know workplace control measures to reduce the risk of back injury.
- + Define DPI, the different types of DPI, risk factors and key symptoms of DPI, and how DPI develops.
- + Understand how DPI can be prevented through design ergonomics, environmental ergonomics, and good work organisation.
- + Know key workplace exercises to help reduce the development of DPI.
- + Address early reporting of symptoms, staff monitoring, and the development of a rehabilitation plan.

-  Inhouse
-  Public
-  Face to face
-  Online

ASSESSMENT:

This course has two assessments.

DURATION: 1 day
CLASS SIZE: Maximum 16