

## Workshop Series: Safe Materials Handling and Body Mechanics

### Goals:

- To train participants to use safe body mechanics at work and home
- To train participants to identify and change work habits or postures that pose risk

### Description:

This **one-hour** session is customized to your work environment and includes the following topics:

- Basic anatomy and kinesiology
- Safe neutral postures
- Review of musculoskeletal injury risk factors
- Materials handling techniques
  - ✓ Lifting
  - ✓ Carrying
  - ✓ Pushing and Pulling
  - ✓ Reaching
  - ✓ Tool Use
- Problem solving difficult situations
- Applying solutions away from work
- The role of exercise



### Space and Equipment Requirements:

A classroom that can seat your group comfortably with room for audience participation/practical training, and audiovisual equipment that can accommodate a PowerPoint presentation.

### Workshop Fee

**\$380\***

\*valid to a maximum of 50 participants – please call for pricing for more than 50 participants

Please contact us for more information on this and other services available: [www.workablesolutions.ca](http://www.workablesolutions.ca)