

## Manual Material Handling, On-Line Training

<b>Course number:</b>	ESOL-32
<b>Duration:</b>	Approx 45 Min
<b>Cost:</b>	30.00 Per Person
<b>Pre-requisites:</b>	None

### Course Description

Manual material handling (MMH) operations can be found in most workplace settings including industrial establishments and manufacturing facilities, offices, healthcare facilities and restaurant locations. Statistics show that almost one in four workers will experience some form of injury as a result of lifting and lowering, pushing and pulling, carrying and holding, or resisting loads. In Ontario alone, musculoskeletal disorders (MSDs) account for 50% of all lost-time injuries and the numbers aren't much better across the nation. Employers must provide adequate instruction where the handling of material by employees could result in an injury.



This course will explore common causes and controls of MSDs, and introduce the participant to safe working procedures in order to handle material in the workplace without injury. The term MSD is used collectively for a number of injuries and disorders of the muscles, tendons, nerves, etc. Other terms that mean the same include; repetitive strain injury (RSI), cumulative trauma disorder (CTD), work-related musculoskeletal disorder (WMSD), musculoskeletal injury (MSI, MSK), occupational overuse syndrome (OOS), and sprain & strain.

Upon successful completion, a **2 year Manual Material Handling certificate** will be issued automatically.

### Online Course Content

#### An introduction to Manual Material Handling

- Examples of Manual Material Handling
- Risk of Injury to the Human Body

#### Biometrics of Manual Material Handling

- Anatomy of the Spine
- Posture Perfect
- Disc Herniation & Degeneration

#### Musculoskeletal Disorders

- MSD Defined

- Understanding MSD Hazards
- Fixed or Awkward Postures
- Repetition
- Recognizing Signs & Symptoms of Musculoskeletal Disorders

#### Recognizing the Hazards of Manual Material Handling

- Recognizing Jobs with MSD Hazards
- A Proactive Search for MMH Hazards: PEMEP

#### Controlling Workplace Manual Material Handling Hazards

- Engineering, Administrative, and PPE
- Back Belts in the Workplace

#### An Employee Guideline for Safe Manual Material Handling

- Job Task Design
- Work Station Design
- Tips for Eliminating & Controlling MSD Hazards