



## Tailored Education and Training Workshops Manual Task Training

At Altius Group we design Tailored Education and Training Workshops to keep people fit and healthy at work and in life while reducing the frequency and cost of workplace injury. Industry evidence highlights the importance of education as the key to injury prevention and the basis of a safer, healthier and more productive workforce.

We understand that over a third of all workplace injuries are associated with manual handling and that adequate education and training significantly reduces the risk of injury. According to Safe Work Australia 43,553 claims were lodged for body stressing across a recent five year period.

### Experienced Educators

Altius Group Occupational Therapists, located across Australia, are able to deliver Manual Task Training workshops nationally. Our experienced educators guide employees through best practice for manual tasks including lifting, carrying, pushing, pulling, moving or holding a load, object or person.

As work varies greatly, our Occupational Therapists take time to assess the physical demands unique to each role and each workplace. Training is then tailored to cover the impact of duties relevant to each work situation, with particular attention paid to specific impacts on employee musculoskeletal functioning.

**Our Manual Task Training Workshops** aim to empower employees to take responsibility for their own safety and physical well-being, covering:

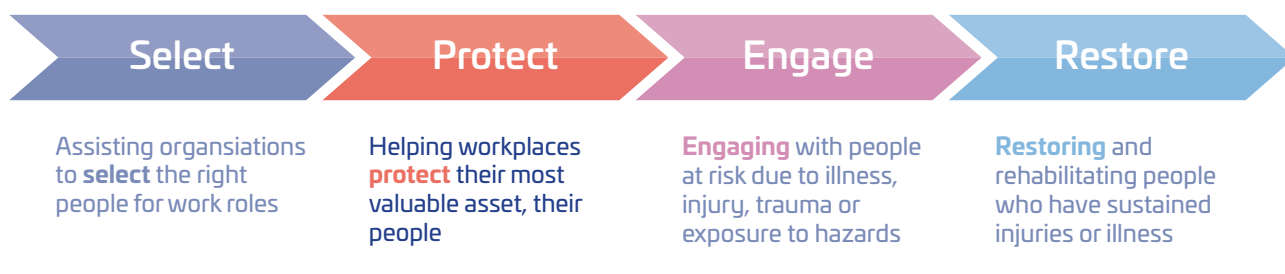
- Basic anatomy **instruction** including an awareness of the spine, its strongest and weakest positions, and the functions of discs when applying load.
- The importance of **risk assessments** in relation to lifting, handling, carrying and unloading processes.
- **Safe methods** of lifting, pushing, pulling and carrying - focusing on correct postures, positioning and breathing.
- Risk factors for **workplace specific issues** such as Carpel Tunnel Syndrome, Occupational Overuse Syndrome and shoulder injuries.
- The importance of stretching, strengthening, sleep and diet to **injury prevention**.
- A discussion of manual task practices specific to **your work environment**.

## Partners in Employee Protection

From Employee Assistance Program Counselling, Work and Wellness Programs, Climate Surveys and Mental Health Programs to Home Office Assessments, Ergonomic Training, Human Factors Analysis and Psychosocial Risk Assessments – Altius Group offers a wide range of services designed to help you protect your most valuable asset, your people.

At Altius Group we are all about helping you to champion a positive health and safety culture within your organisation. Our medical and allied health professionals have a solid understanding of how to engage with employees to build and sustain healthy teams of people and a productive, successful workforce.

Industry based evidence and insight, conversations with our clients and our connections within the industry, enable us to stay ahead of emerging needs to deliver holistic support services to organisations across the **lifecycle of their people's employment.**



Get in touch with us:

Free call: 1 300 782 183  
referrals@altius-group.com.au  
altius-group.com.au



Rehabilitation  
Services  
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