



# Lifting Tips Train-the-Trainer

October 20, 2010

Cambridge (Ayr), ON

8:30-4:30

**Our one-day lifting tips course will enable participants to lift safely, using 15 lifting techniques. The course also provides coaching plans that can be customised for your facility, including sample “takeaways” to reinforce the tips.**

## You will learn to:

- ▶ Describe the types of **injuries** associated with manual handling
- ▶ Identify workplace and individual factors that may discourage proper lifting techniques
- ▶ **Lift safely**, using 15 lifting techniques/tips. The workshop provides practice and feedback for each tip, using realistic case studies.
- ▶ Identify other **control measures**, including administrative and engineering controls
- ▶ **Customise our coaching plans** for each tip, to take back to your facility. These plans can be used by supervisors, JHSC members, or trainers to train workers to apply the 15 lifting tips. Each plan includes key points, a suggested application (practice) and feedback suggestions.
- ▶ Customise our template **“takeaways”** to reinforce each lifting tip (posters, handouts, puzzles, etc.)

## Who will benefit from this course?

- ▶ Joint health & safety committee reps
- ▶ H&S coordinators
- ▶ Training coordinators
- ▶ Ergonomists or ergo coordinators
- ▶ Occ health nurses
- ▶ Supervisors
- ▶ Any employee who lifts, pushes or pulls at work!

Registration: Fax this to 519 632-7469, or call for info: 519 632-5103

Or mail it with your cheque to Taylor'd Ergonomics at P. O. Box 1107, Ayr, ON N0B 1E0

Company name _____ Address _____ Phone _____ Fax _____ Email address _____	Name(s) of participants _____ _____ _____ _____ _____	Price \$370.00
Method of Payment <input type="checkbox"/> Bill me, on purchase order# <input type="checkbox"/> Cheque enclosed. Please mail to above address		# of participants x \$370.00 = Subtotal: _____ GST: _____ #897656377 Total: _____

Sorry we do not accept credit cards. Cancellations made within one week of the workshop will be subject to a \$100 charge, although substitutions will be permitted at any time.

Visit us at [www.taylordergo.com](http://www.taylordergo.com) to learn more about our company and upcoming workshops!

Call 519 632 5103 for info on holding this workshop at your facility.

