

(14) Human Kinetics and Manual Handling

WHO SHOULD ATTEND

This short course will develop the participants' basic understanding and techniques of the proper methods of Human Kinetics and Manual handling

COURSE OBJECTIVES

At the end of this course, participants will be able to identify the parts of the spine and the risks associated with manual handling of loads, so it will be able to apply the technique of lifting and hygiene-related back. They will also be able to:

- Understand the proactive vision of ergonomics
- Identify risk factors when lifting a load
- Identify risk factors when performing repetitive movements
- Apply simple ways of lifting and loading manual explain the best way to make an effort
- To understand the functioning of the spine and related pathologies known manual lifting
- Understand the biomechanical function of the body associated with possible illnesses caused by repetitive motion.

CONTENT

- History of injury related to manual handling of loads
- Load Handling and related anatomy
- Table of weights
- Risk factors
- Load Characteristics
- Procedure for lifting
- Warm-up exercises, muscle strengthening and relaxation

INTENDED FOR

Personnel connected with the manual handling of loads