



Manual Task Program

Tailored Education and Training Workshops

Altius Group's Manual Task Program aims to empower employees to take responsibility for their own health, safety, and well-being. The program is designed to change behaviour around manual tasks, reducing the risk of injury and elevating wellbeing.

Musculoskeletal disorders are caused by exposure to a range of physical and psychosocial hazards at work, and evidence suggests that “how to lift” training programs do not reduce the incidence of musculoskeletal disorders. This is because such training does not change any of the hazardous manual task risk factors that workers are exposed to, nor does it address the source/s of risk.

Training alone is not the solution!

Altius Group's Manual Task Program aligns with Australian Codes of Practice and industry best practice to address the complex nature of musculoskeletal disorders. Organisations need to be also aware that a person conducting a business or undertaking, must manage risks to health and safety relating to a musculoskeletal disorder associated with a hazardous manual task. Owners, managers and leaders all have a shared responsibility to address risk in any organisation.

As a national provider in physical, psychological and wellbeing solutions, our team provide a fully customised and tailored manual task solution to organisations, designed to address your organisations risks and opportunities.

Our training will provide participants with a working understanding of:

Our team of professionals will attend your workplace to undertake a risk assessment of the identified hazardous manual tasks and provide you with a documented analysis of our findings. Accompanying our findings, will be various resources to increase training, awareness and competency in manual tasks and risk management in the workplace. Resources may include relevant items such as posters and safety alert content.

Training delivered to your people is developed specifically in line with the risk assessment conducted and addresses the real risks and opportunities identified within your organisation. We do not provide an "off the shelf" training program.




- Manual tasks risk factors including forceful exertions, awkward and static postures, vibration, repetition, and duration.
- The importance of risk assessments in relation to lifting, lowering, pushing, pulling, carrying, moving, holding or restraining any person, animal or thing.
- Practical review of manual tasks specific to your work environment.
- Safe methods of lifting, pushing, pulling and carrying - focusing on correct postures, positioning and breathing.
- 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 maintaining individual physical and psychological health, wellbeing and fitness throughout the lifecycle of employment.



Program Delivery

Altius Group's team of allied health and WHS professionals are located across Australia and are able to deliver our Manual Task Program nationally. We will work with your organisation to provide a customised manual task solution to mitigate risk and keep your people free from unnecessary musculoskeletal risk.

Get in touch with us:

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