

Manual Handling Training and Ergonomic Assessment services available from Pen Y Lôn Occupational Health

1. Manual Handling refresher training for desk based roles:

2 hour 'refresher' courses designed for Manual Handling compliance.

- HSE Compliance
- Manual Handling principles
- Regulations awareness
- Duty of care
- Basic anatomy

Quotation on application
(minimum 12 attendees)

2. Manual Handling training for manual job roles & first time training for all employees:

3+ hour courses designed for generic Manual Handling compliance for manual job roles & 'first time' trainees.

Content as package 1 plus;

- Daily self-risk assessment & Problem solving
- Awareness of own capabilities
- Detailed anatomy + causes & outcomes of injury

Quotation on application
(minimum 8 attendees)

3. Bespoke Manual Handling workshop style courses for manual job roles

Full-day job-specific Manual Handling courses for heavy, specialist or repetitive manual roles

Content as package 2 plus;

- Pre-training content review
- Job specific advice and practical examples
- Workshop activities
- Detailed Q & A

Quotation on application
(no minimum attendance)

4. On-site Ergonomic Assessment & Professional DSE Assessment

On-site Ergonomic Assessment for manual and desk based roles

- Ergonomic task specific risk assessment
- Physical & functional capability assessment
- Specialist DSE/desk based ergonomic assessment (alternative to Access to Work).
- Detailed report & recommendations including 'cost-effective' equipment solutions

Quotation on application
(Quotation on request)

For details of these or any of our other musculoskeletal services please contact:

Greg Sunderland on [01352 752444](tel:01352752444) / [07875 445816](tel:07875445816)

or eMail request for quotation to enquiries@penylon.co.uk

Postural Training from Pen Y Lôn Occupational Health

5. On-site Postural Training and Guidance for Work and Home

Postural guidance can be delivered by the **Occupational Physiotherapist** either as a **group training exercise** or a **regular on-site booking** for individual guidance. This is an increasing popular service relevant for employers with both administrative and manual roles and compliments in-house DSE assessments & Manual Handling training with additional guidance and support for employees and managers.

Group Training

- Importance of good posture
- Basic anatomy
- Impact of poor posture
- Posture at work and home
- Seated posture guidance
- Desk layout and positioning
- Safe use of desk equipment

Regular On-site Posture Clinics

On-site posture clinics are of particular benefit employers with a **large workforce** which would benefit from an on-going programme of assessment and guidance. As on-site services are delivered by an Occupational Physiotherapist the option is available to include on-site Physical Capability Assessments and Physiotherapy Treatment (conditions apply).

Quotation on application

Related Occupational Health Services also available:

- Rapid Access Physiotherapy
- Health surveillance (Audio, Lung Function, Vision, Skin & HAVS)
- Occupational Health Physician referral - Weekly clinic
- Stress Management Training
- Health and Wellbeing clinics
- Executive Medicals
- DVLA Medicals

Please ask for further details...

WHY CHOOSE Pen Y Lôn FOR MANUAL HANDLING, POSTURAL AND ERGONOMIC NEEDS?

Our primary focus is on injury prevention through proactive training and assessment and sickness absence reduction through rapid physiotherapy treatment for employees following injury.

Our training and ergonomic assessment services are carried out by highly qualified and experienced Occupational Physiotherapists Trained with ROSPA and ACPOHE* for assurance of high quality training and ergonomic services at competitive prices. (*Association of Chartered Physiotherapists in Occupational Health & Ergonomics)

Contact Greg Sunderland on 01352 752444 / 07875 445816