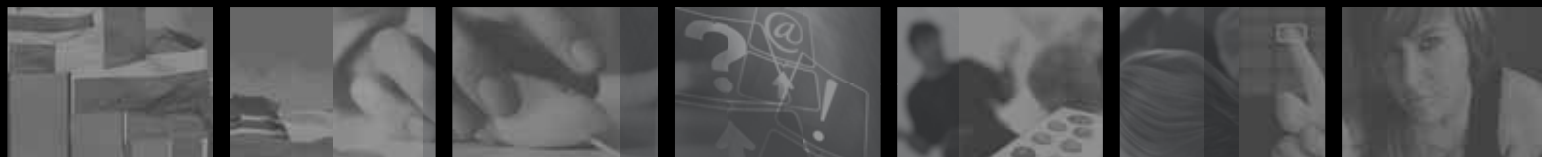


Watch Your Back - Manual Handling in your Workplace



Running Time: 30 minutes

**SAFETY
MEDIA**
DVDs | E-LEARNING | SOFTWARE



DVD ONLY £99

(Plus P&P + VAT)

Ideal for every company, this DVD will enable you to train your office, warehouse, outdoor and factory workers without the need for further training aids.

The pack comes complete with 50 Manual Handling Assessment Forms and 10 Watch Your Back Training Booklets.

To order now [click here](#)

More than a third of all workplace injuries result from manual handling activities.

For training to be effective the content needs to be pertinent to the trainee. This DVD is a unique and innovative solution to this problem providing workplace specific training in four different environments covering the majority of any company's requirements. Watch Your Back features the manual handling task performed in 4 different working environments:

- Office
- Warehouse
- Factory
- Outdoors

The DVD opens with a dramatic scene in each location, with leads to the main protagonist being injured. Once the opening clips have played, the trainer can select which industry to watch during that training session.

Over 15 minutes, each industry section looks at the following:

- How to prevent an injury
- How to assess the manual handling task
- What factors will affect the task including the load, the environment and the individual's capability.
- Correct positioning
- How to lift and lower the load effectively
- Pushing and pulling

The pack comes complete with 50 Manual Handling Assessment Forms and 10 Watch Your Back Training Booklets.

RELATED PRODUCTS:

The Manual Handling Assessment Forms enable the user to identify the four key areas of manual handling; The Task, The Load, The Working Environment and The Capabilities of the Individual. Further Forms can be bought for as little as £14.99

Training Booklets are an ideal way of reinforcing your Manual Handling training once session has finished. The booklets provides an in-depth guide to the correct lifting procedure and how to avoid injury. Further booklets can be bought for as little as £29.50 for a pack of 20 booklets.

Buy the DVD and when the title is updated in the future you can purchase an upgrade for only £49 (Plus P&P and VAT).

"All in all possibly the best Manual Handling training film I've seen"

Mike Smith, Soteria Safety Ltd.

"All in all this is useful DVD which could be used to support any manager's safety training across all employee roles."

Health and Safety at Work magazine



LEGISLATION

This title will help you to identify and evaluate potential lifting hazards and encourage the viewer to comply with the Manual Handling Regulations 1992.

These Regulations provide a hierarchy of measures which must be followed, including: Avoiding hazardous manual handling operations that cannot be avoided; and Reducing the risk of injury so far as is reasonably practicable.