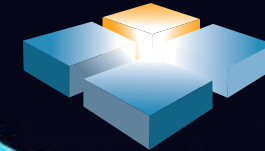
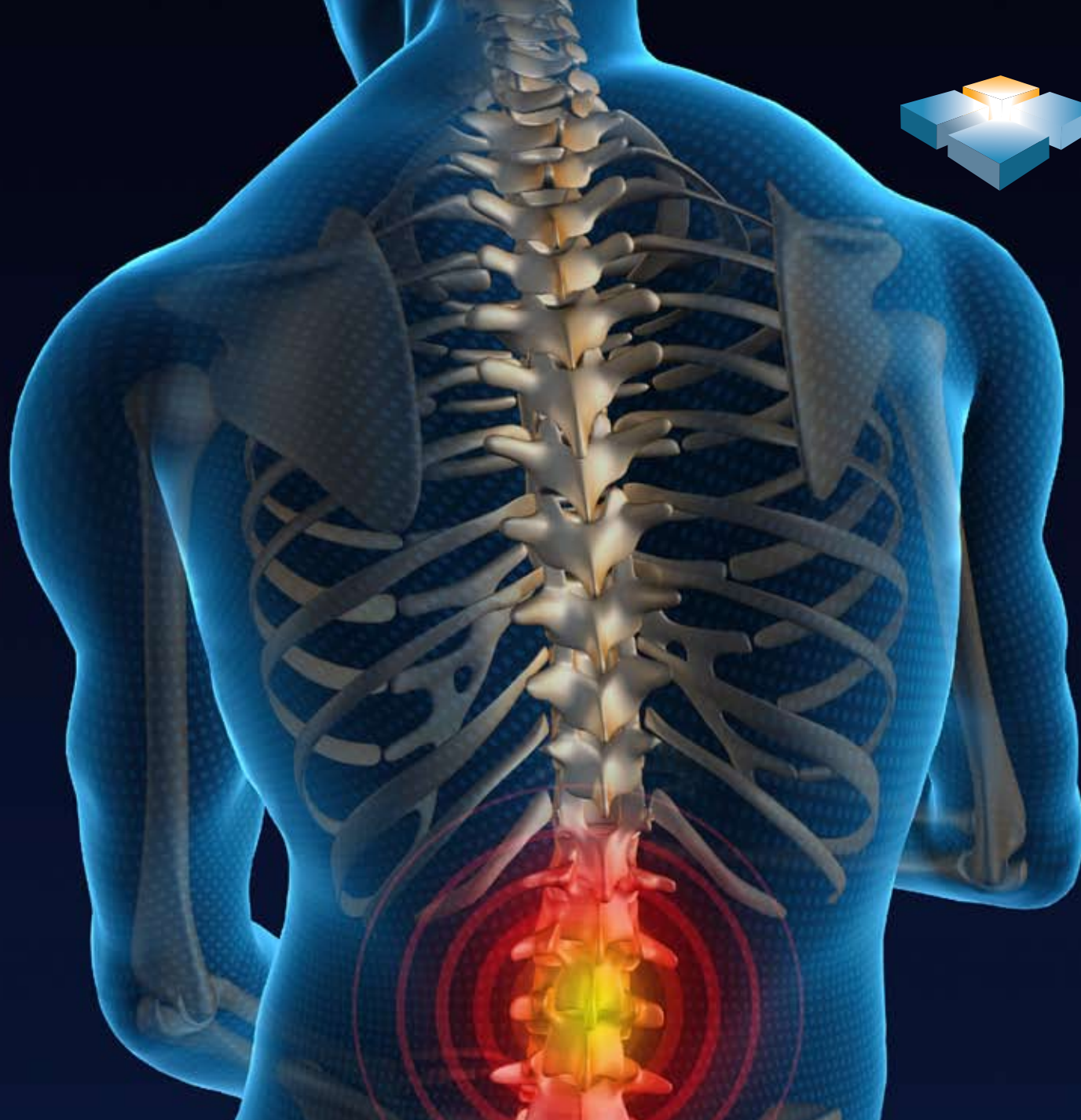


Workplace strain injuries can be prevented.

Call us today on 1300 138 470 to find out how our **MoveSafe Manual Task Training & Consulting** can reduce the cost of workplace strain injuries to your business.

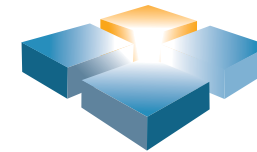


CHAMBER OF
COMMERCE &
INDUSTRY
QUEENSLAND

Don't bend over backwards

MoveSafe Training & Consulting

- > reduce strain injuries
- > increase productivity
- > meet legal obligations



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Strain injuries are the most common injury in Queensland workplaces. Wherever workers perform jobs containing risks from manual tasks, the employer has a legal requirement to provide training. This course not only meets legal obligations, but will also reduce the frequency and severity of strain injuries experienced by workers, saving your business time and money.

MoveSafe is different to other manual handling programs, as it:

- > is delivered by experienced physiotherapists and occupational therapists
- > focuses on empowering workers to take ownership of their own safety and is tailored to the specific manual tasks of the workplace
- > is highly interactive, including a number of experiential learning activities
- > is based on simple principles reinforced throughout the program for maximum retention
- > uses the latest physiotherapy and safety thinking principles, including core stability activation and safety attitudes training

Participants learn how to:

- > recognise manual task risk factors in the tasks they perform, and perform a manual task risk assessment
- > identify control measures to reduce manual task hazards and understand the causation of strain injuries
- > identify the importance of using safe manual task positions and movements at all times
- > avoid poor working postures and movements, and learn how to be fit for work through exercises and stretches

This course is two hours in duration and is conducted at your workplace. Prior to the course, the therapist will conduct a workplace assessment to tailor the course to your needs and provide advice on managing high risk manual tasks.

Look after your employees and your bottom line by contacting CCIQ on 1300 138 470 to book your MoveSafe course today.

