

# MANUAL HANDLING TRAINING

A construction worker wearing a yellow hard hat, safety glasses, and a high-visibility vest is working on a structure. He is holding a green rope and a black bag. The background shows a corrugated metal ceiling and a blue tarp.

Canada's leading provider of occupational health solutions for over 30 years.

# MANUAL HANDLING TRAINING IN CANADA

Manual handling relates to any movement involving lifting, lowering, pushing, pulling or carrying. Incorrect manual handling is one of the most common causes of workplace injury. Safety legislation dictates that all employees working in oil and gas, among other industries, require manual handling training to maintain employment. Additionally, educating employees on proper protocol and technique allows employers to manage the risk of workplace injury and associated costs.

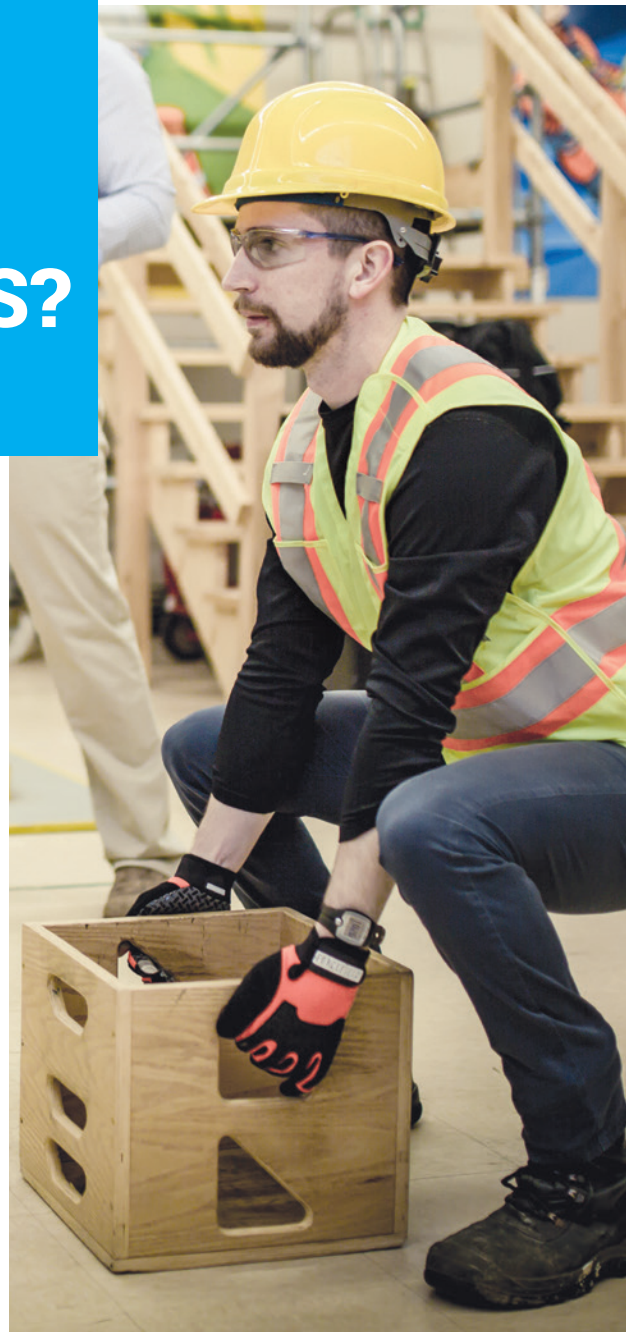
## WHY TRAIN WITH HORIZON OCCUPATIONAL HEALTH SOLUTIONS?



At Horizon we have a variety of manual handling training services available to clients in a range of industries. Services offered include in-person simulation training, online course work and onsite training. This flexibility of programming allows employers to train their workforces no matter where they work, who they are or how busy they may be.

We are dedicated to the health and safety of all students and emphasis on safety and expert instruction are recurring themes throughout training. All programs are guaranteed to meet the most stringent of training requirements including those set by regulators such as the Canadian Newfoundland and Labrador Offshore Petroleum Board (C-NLOPB).

Upon completion of the training, each employee will have well rounded knowledge of manual handling, the risk factors involved, and proper technique for injury prevention. Additionally, a certificate of completion is provided for employment records.





# PROGRAM OPTIONS

## 1) Manual Handling and Simulation Training

The full Horizon manual handling course alongside our simulation training is the most comprehensive of the program options available. Throughout the course, emphasis is placed on procedures, proper technique and injury prevention for workers in an industrial setting.

Led by Horizon Kinesiologists who understand the jobs specific to each worker, the training includes the environmental hazard management and the physical preparation of the body to improve the safety and efficiency of all manual handling tasks. Training takes place in St. John's, Newfoundland at our work simulator which is a 5,000 square foot facility with stairs, scaffolding, ladders, shovelling stations and other industrial task training stations. Including both a written and a practical section, the course is 3 to 4 hours in length.



## 2) Online Manual Handling Training

Online training for manual handling is offered to employees who work in remote locations using our online platform partner, Advancing Practice - one of Canada's online leaders in training and education. The online program option includes the same course information as our in-person training and simulation.



Training involves pictures and demonstrations of all practical manual handling techniques, quizzes and skill testing questions. Full course is approximately 1.5 hours in length. Licenses can be purchased in bulk by our clients to allow instant access for employee training.

## 3) On-site and Remote Site Manual Handling Training

Horizon can provide onsite manual handling training at businesses, industrial sites and remote locations. We have performed onsite manual handling training in warehouses, workshops, manufacturing plants, marine vessels, mining operations, and more.

Our personnel have all the required certifications, qualifications and appropriate training to travel to our client locations. Manual handling training can also be customized for the employee occupation, tools, tasks and other relevant factors to provide the most impactful training that will translate to safe work performance.





For more information or to inquire about booking, contact us at [info@horizonohs.com](mailto:info@horizonohs.com)



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