

Safe and Healthy Lifting Techniques

Instructor Development Course

This unique course is designed to give attendees the information and the tools they will need to teach their employees safe and healthy lifting techniques.



Topics covered are:

- ✦ Review of the evidence on lifting mechanics, material handling and injury risk
- ✦ Discussion of techniques to optimize efficiency in lifting mechanics with emphasis on how to instruct others in implementing these techniques
- ✦ Practical applications of safe and healthy lifting techniques
- ✦ Coaching cues and drills
- ✦ Hands on exercises for safe material handling
- ✦ Helpful corrective exercises that can be taught to employees for lifting from-the ground as well as overhead lifting



Presenter:

Dr. Ali Hartman, PT, DPT, Cert-AP HPT - Pro-Activity Associates, LLC

July 12, 2019 in Raleigh
3739 National Drive
Cumberland Building, Suite 125
 \$185 Member \$225 Non-Member
E-mail susanm@safetync.org

August 20, 2019 in Charlotte
2709 Water Ridge Parkway
Suite 120
 \$185 Member \$225 Non-Member
E-mail jilll@safetync.org

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Safety & Health Council of NC - 3739 National Drive, Suite 125, Raleigh, NC 27612