



MIP: Combined Manual Materials and Safe Resident Handling

This 6 hour **in-person** workshop focuses on the how to safely lift and physically manipulate both PEOPLE and OBJECTS. It covers the same content as the **Manual Materials Handling Workshop** and **Safe Resident Handling Workshop**. WCB data shows that every year, sprains, and strains are the leading injury in the healthcare sector. Lifting and moving with proper body mechanics both in and outside of work has a huge impact on the reduction of those injuries. Examine the theory behind musculoskeletal injuries and then practice the most common lifts with coaching by an instructor. By the end of the course, you will have a good sense of all of the techniques needed to move both people and objects. Take what you learned and use it in your daily and work life.