



MIP: Manual Materials Handling

This 4-hour **in-person** workshop focuses on the how to safely lift and manipulate OBJECTS. 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 injury reduction. 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 the why and the how of safe lifting. Take what you learned and use it in your daily life.

