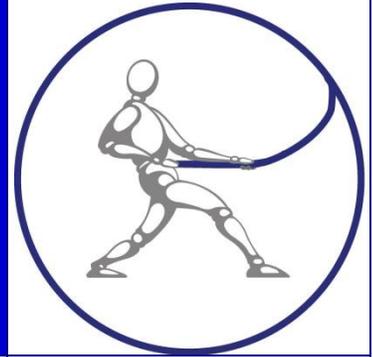


# Taylor'd Ergonomics Incorporated

## lifting tips train-the-trainer workshop

www.taylordergo.com



Course length:

8 hours

### What will you learn?

Participants will get hands-on practice lifting using 15 proper lifting techniques. They will also learn to effectively coach others to use these tips.

You will learn to:

- Describe the types of **injuries** associated with manual handling
- Identify workplace and individual factors that may **discourage** proper lifting technique
- Lift using **15 safe techniques/tips**
- Identify other management control measures, including **policies** and **engineering** controls
- Customise our **coaching plans** to take back to your facility
- Customise **"takeaways"** to reinforce each lifting tip (posters, handouts, puzzles, etc.)



### What do participants get?

- Detailed course manual, including coaching plans
- Sample "takeaways" that can be copied in your facility to reinforce the lifting tips
- One copy per participant of our lifting tips poster (additional copies available at additional cost)
- Lunch and refreshments

### What is the cost?

**Open enrolment** fee: **\$370** + hst, per person.

(We strive to provide training that is accessible to all. Please let us know how we can help. We welcome service animals and support persons required to assist those with a disability, at no extra charge.)

**On-site cost:** \$2150 + hst + materials (\$45/person, not including lunch/refreshments) + mileage/accommodation expenses.

Course customisation and post-course ergonomist support are also available at an additional cost. For a detailed quote, please contact us at 519 623 7733.

### Who should attend?

- Employees who lift, push, and pull during their job
- Supervisors
- JHSC members
- Ergo team members
- Training coordinators
- Ergonomists needing refresher training (course is taught by a Canadian Certified Ergonomist!)

### How do I register?

**Fax** this form, with a purchase order number, to 519 623 9164, or **mail this form with a cheque**, to the address shown at the bottom of this page. Register and pay **online** at [www.taylordergo.com](http://www.taylordergo.com). Your registration will be confirmed by email. Cancellations made within one week of the workshop will be subject to a \$100 charge. However, we welcome substitutions at any time, at no extra charge.

Please register me/us for the session in Cambridge on:

**November 18, 2015**

Name(s):

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Company:

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Address:

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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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Purchase order #

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Our HST# is 89765 6377.

### What distinguishes our training?

**Key features** that are common to all of our workshops:

- We let you know **what to expect in advance**. You will receive a confirmation letter telling you how to prepare for the workshop, and what to expect.
- Our energetic **course facilitators** are all ergonomists with training and experience in instructional techniques, who are genuinely interested in your learning.
- Our **objectives** are clear. At the beginning of each section, we tell you what you will be learning in that section.
- We **simplify** and make the material as user-friendly as possible!
- People really *learn* in our training, because we are committed to **skill-based training** based on adult learning principles.
- Quick references** ensure that key information is readily available after the training. We provide easy-to-use guides and checklists.
- Case studies allow **real-life application** of the course material.
- Our courses are **competency-based**, ensuring value for your investment. Certificates are available to those who complete the workshop project. (Letters to confirm attendance are issued to those who "audit" the course.)
- We **limit enrolment** to 12 people, to ensure lots of individual attention and ample opportunities for participation.