

Prevent Back Injury Through Correct Lifting

This seminar covers the following:

- An outline of the functional anatomy used when lifting
- The importance of having balance in the musculoskeletal system to preventing injury when lifting.
- Assessment of an audience member's muscle balance
- Practical lifting session. How to lift heavy loads, loads at difficult angles and movements to avoid.
- The importance of good posture, use of abdominals and maintaining a neutral lumbar spine when lifting.

This seminar is 1-1.5 hours in length, is practical and has a ready to apply handout included.

Call Robert Collier now to book a time for your seminar

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