



HEALTH, SAFETY AND SECURITY TRAINING

Ergonomics and Manual Handling

2 day course

Classroom, online or in-house

Course overview

Musculoskeletal injury accumulates over years and rarely produces an incident report, which is why it is the largest source of lost time in many operations and the least managed. This course covers reducing it. Delegates work through the anatomy and mechanism of musculoskeletal injury, risk assessment for manual handling including load, posture, repetition and environment, and the assessment tools used to score a task. Workstation and workplace design are covered for both industrial and office settings. Mechanical aids and the reasons people avoid using them are addressed honestly. The course closes on early symptom reporting, on adjusting work for a returning employee, and on building ergonomics into new equipment specification.

What you will learn

- Explain how musculoskeletal injury develops and why it goes unreported
- Assess manual handling risk across load, posture, repetition and environment
- Apply a recognised assessment tool to score a task
- Improve workstation and workplace design in industrial and office settings
- Select mechanical aids people will actually use
- Encourage early symptom reporting and act on it
- Build ergonomic requirements into new equipment specification

Who should attend

- Safety and occupational health practitioners
- Supervisors in warehousing, manufacturing and logistics
- Human resources and wellness staff
- Facilities and workplace design staff
- Employee representatives and committee members

Course outline

- 01 The largest injury source that produces no incident report
- 02 How musculoskeletal injury develops
- 03 Manual handling risk factors
- 04 Assessment tools and scoring
- 05 Industrial workstation design
- 06 Office and screen based work
- 07 Mechanical aids and why they go unused
- 08 Symptom reporting, return to work and equipment specification

Upcoming dates

Dates	Venue	Format	Fee per delegate
30 September to 1 October 2026	Nairobi, Kenya	Classroom	USD 795
19 to 20 October 2026	Harare, Zimbabwe	Classroom	USD 795
1 to 2 December 2026	Pretoria, South Africa	Classroom	R11,950
16 to 17 February 2027	Online	Online	R6,500



Fees and how to register

This 2 day course is **R6,500** per delegate online, **R11,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 795** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriscience.co.za | Pretoria, Gauteng, South Africa