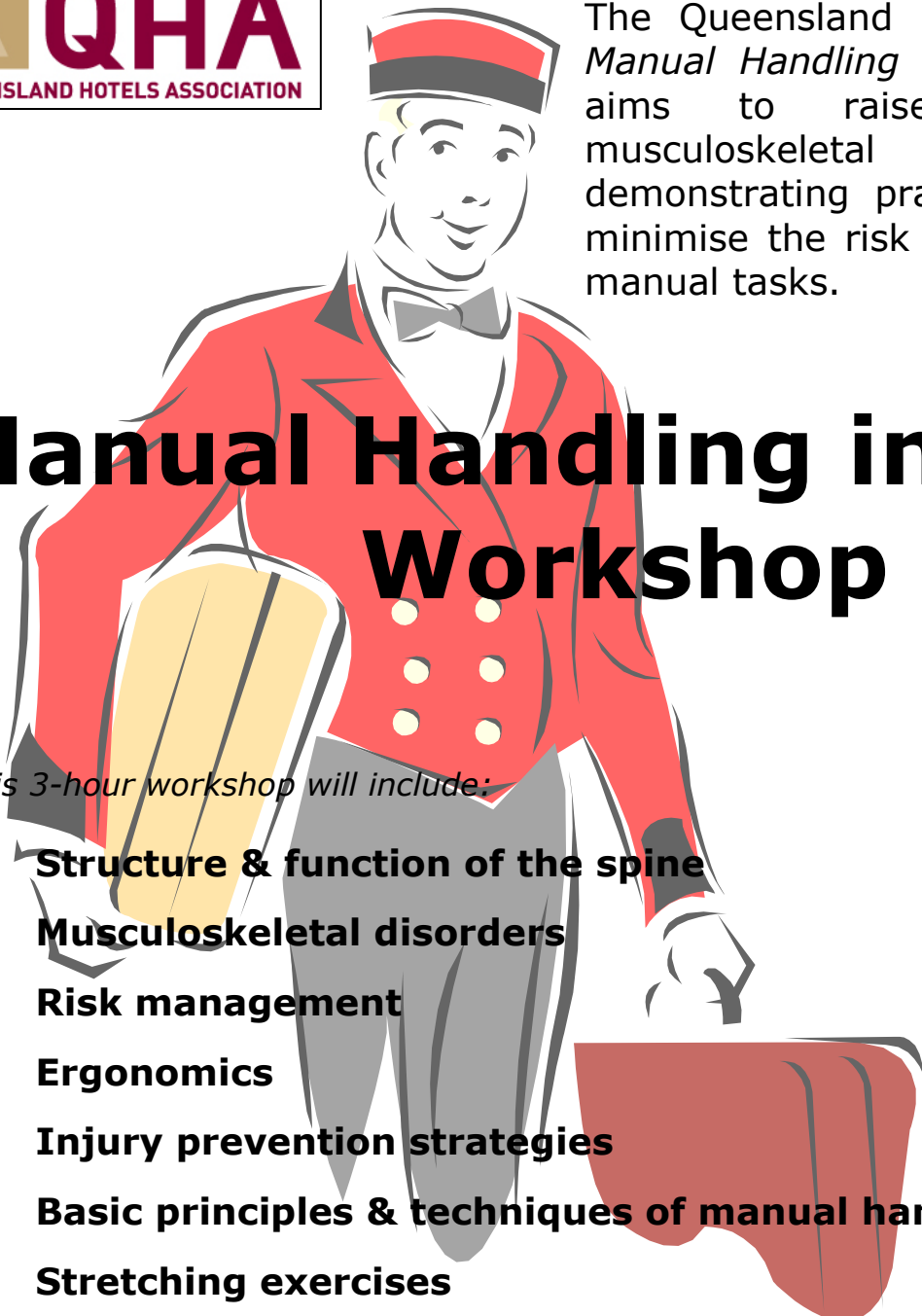




The Queensland Hotels Association's *Manual Handling in Hotels* workshop aims to raise awareness of musculoskeletal disorders, through demonstrating practical strategies to minimise the risk of injury caused by manual tasks.

Manual Handling in Hotels Workshop



This 3-hour workshop will include:

- **Structure & function of the spine**
- **Musculoskeletal disorders**
- **Risk management**
- **Ergonomics**
- **Injury prevention strategies**
- **Basic principles & techniques of manual handling**
- **Stretching exercises**
- **Demonstration & practical application of safe manual handling principles**

LOCATION	COST
ANYWHERE (your venue or ours)	\$1128 per session Member Rate – for up to 20 staff (+ Facilitator travel costs if req'd)

For course registration either contact QHA - Ross Tims on 3221 6999, or email: rtims@qha.org.au