

# Manual Handling can be Healthy

**Presenters:**

**Michael Lawrance, JointAction**

Manual handling in the workplace is often seen in a negative sense and physical activities are replaced with the aim of safeguarding the workplace. This session will demonstrate that manual handling, whether loading your body at work or the gym, can be healthy or unhealthy depending on the task, the person and the circumstances. The presentation will look at the prevention of musculoskeletal injuries in the workplace.

Workshop participants will receive a free licence for the Move Time program. Details available at [www.move-time.com](http://www.move-time.com)

**Pauline Rooney, WorkPlace - EZ**

After many years of working with injured office workers, athletes, school teachers, students and aged care workers, Pauline developed the *Officise Made Easy Program*.

The program is simple, takes minimal time, and is designed to aid in keeping the body fit, flexible, relaxed and stress free. It will give time back to the time poor, protect the body, strengthen the core muscle groups, provide greater clarity of mind and increase productivity whilst reducing fatigue.

<b>Date:</b>	<b>Thursday 14 August 2014</b>
<b>Time:</b>	<b>12.00pm to 2.00pm</b>
<b>Where:</b>	<b>Ballarat Golf Club, 1800 Sturt Street, Ballarat</b>
<b>Cost:</b>	<b>\$30.00 – BROSH members \$35.00 – Non-members (Includes light lunch - bookings essential)</b>
<b>RSVP:</b>	<b>Friday 8 August 2014</b>



BROSH is celebrating 40 years of promoting workplace health and safety

## REGISTRATION FORM

Contact Person:		<b>ABN: 38 981 410 954</b>
Position:		Please forward registration to: BROSH P O Box 640 BALLARAT VIC 3353 Ph: 5331 7688 Fax: 5332 3858 Email: <a href="mailto:kaym@aigroup.asn.au">kaym@aigroup.asn.au</a>  Payment must accompany registration <b>no later than Friday 8 August 2014</b> <input type="checkbox"/> Cheque \$ _____ <input type="checkbox"/> Direct Deposit \$ _____  EFT Payments accepted BSB: 063 502 Account No. 10179176 Please note – credit card facilities are not available
Organisation:		
Address:		
Telephone:	Fax:	
E-mail:		
Mobile:		
Attendee:	Attendee:	
Attendee:	Attendee:	
<b>BROSH Workshop – Thursday 14 August 2014</b> <b>Cost: \$30.00 BROSH Members - \$35.00 Non-members (GST incl)</b>  Please indicate if you have any dietary requirements _____		

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