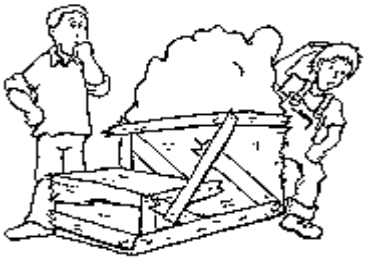
Manual Handling Training Pack

Nifast's popular Manual Handling Training Pack assists Manual Handling instructors in training people in safe lifting.

The package consists of:

- CD ROM PowerPoint Presentation
- Manual Handling Booklet
- Sample Documentation



What does it cover?

The package provides a full training programme in manual handling instruction, covering:

- The structure of the spine
- How discs work and how damage is done to the back
- Safe lifting procedures
- Examples of lifting different types of objects
- Back exercises
- Visual quiz

CD ROM Pack **Nifast Past Attendees €100 (plus 21% VAT)**
Nifast Non-Attendees €200 (plus 21% VAT)

Please note that attendees of the Nifast Manual Handling Instructors & Assessors course receive a free CD Rom version of this pack

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Please send me _____ copy(s) of the Manual Handling Instructor Trainer Pack
(Please not there is a pre-payment procedure)

Name: _____
Organisation: _____
Address: _____

_____

Tel: _____ **Fax:** _____
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I enclose a cheque for €_____ (made payable to Nifast)

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Please send completed order form together with cheque or credit card details to Nifast at:

Unit 104 Donnybrook Commercial Park, Douglas, Cork
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46 Airways Industrial Estate, Santry, Dublin 17
Tel: 01-8424333, Fax: 01-8424461, Email: corkinfo@nifast.ie