



Discomfort, Pain and Injury

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Ensure ongoing physical performance by understanding how the body functions and effective techniques to combat the risk of injury.

This course will support anyone that is involved in or responsible for the prevention and management of discomfort, pain and injury within your organisation. Gain clarity on effective methods to use, including lifting and moving techniques that will relate directly to common workplace activities and knowledge around combating back and musculoskeletal injuries.

Key Learning Outcomes:

- ✓ Describe what is meant by discomfort, pain and injury
- ✓ Outline the groups of contributory factors that lead to discomfort, pain and injury
- ✓ Describe the contributory factors that individuals and workplaces need to consider when preventing and managing discomfort, pain and injury
- ✓ Outline measures used to manage the risks to staff experiencing discomfort, pain and injury

DISCOMFORT, PAIN & INJURY

Unit 17591	Demonstrate knowledge of the prevention and management of Discomfort, Pain and Injury (DPI) in the workplace
Attendance Prerequisites	Hazard and Risk Management is recommended
Course Duration	One Day (8 Hours)
Availability	<ul style="list-style-type: none"> ✓ Nationwide at one of our training centres ✓ At your own site or workplace