

# Discomfort, Pain and Injury

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



**SAFETY<sup>TM</sup>  
ACTION**

**AXIOM  
TRAINING**



## Capacity

12 Attendees



## 1 Day Training

8 Hours



## Locations

At our local training centre  
At your workplace

## Overview

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.

## Prerequisites

Students need to have 3 months of work experience in the industry prior to doing the course.

## Course Content

- ✓ 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

## Unit Standards

**UNIT 17591** Demonstrate knowledge of the prevention and management of Discomfort, Pain and Injury (DPI) in the workplace

**Book your training today**

**0800 222 388**

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