

# CHARTERED PHYSIOTHERAPISTS IN HEALTH AND SAFETY AND ERGONOMICS

*Occupational  
Physiotherapy  
Solutions*

Office Ergonomics

Manual Handling

People Handling

**Occupational Physiotherapy Solutions (OPS) is a QQI quality assured company providing consultancy and training services in the areas of people handling, manual handling and office ergonomics. The two directors Muriel Johnson and Lelia Jennings are chartered physiotherapists who have specialised in the areas of ergonomics and health and safety.**

OPS provide a range of integrated advisory, training and support services to assist employers meet the requirements of workplace health and safety legislation.

These services include:

- Manual and people handling policy development and training
- Manual and people handling risk assessments and handling plans
- DSE/VDU workstation assessments for office staff
- Advice on office equipment and furniture
- Specialised ergonomic workplace assessments
- Assistance with return to work strategies and workplace accommodations

If you are interested in enquiring about any of our consultancy services or booking a place on one of our training courses please email us at [info@oops.ie](mailto:info@oops.ie)

Occupational Physiotherapy Solutions Ltd.



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# CONSULTANCY AND TRAINING

OPS consultants are chartered physiotherapists and experts in the following areas:

**Manual Handling** OPS can assist your organisation to develop an integrated programme to manage manual handling in the workplace. This programme will include policy development, risk assessments and manual handling training.

**People Handling** OPS are leaders in the field of safer handling of people. We can assist your organisation to develop and implement the policies, procedures and training required to ensure that people/patients are handled safely and with minimum risk to your staff.

**Office Ergonomics** Employers are required to carry out DSE/VDU workstation assessments for office staff to comply with the 2007 Display Screen Equipment Regulations. We can assist you to comply with these regulations.

**Specialist Assessments** Specialist workplace assessments are required for employees who have medical problems or mobility impairments. Our background as chartered physiotherapists makes us ideally suited to carry out these assessments.



## TRAINING COURSES

OPS is a QQI registered provider and our manual handling and people handling instructor courses are validated by QQI.

### Manual Handling Instructor Course

Leading to a QQI Level 6 Special Purpose Certificate in Manual Handling Instruction. It is a five-day course delivered in two modules.

### People Handling Instructor Course

Leading to a QQI Level 6 Special Purpose Certificate in People Handling Instruction. It is a nine-day course delivered in four modules over six weeks.

### DSE/VDU Assessors Course

This is a two-day course that is suitable for organisations who wish to train staff members to carry out DSE/VDU workstation assessments in their organisation.

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