

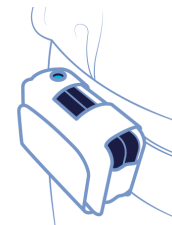
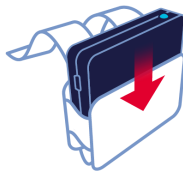
BACK-TRACK Pro-MH (Manual Handling Training)
BACK-TRACK Pro-HC (for Healthcare / Patient Handling Training)
Product Guide

Manual handling and patient handling training is a legal requirement for employees that are exposed to these risks. Unfortunately, this training can often seem repetitive for both trainers and those attending the classes and this often leads to a lack of enthusiasm and hence, ineffective training.

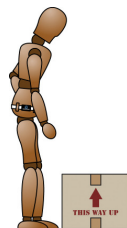
To make manual handling training sessions more engaging, attendees can use a BACK-TRACK Pro-MH (or Pro-HC) which will vibrate and alert the wearer when an undesirable posture is used. A number of different scenarios can be practiced and advocated techniques will not cause the BACK-TRACK to vibrate whereas many poor postures will.

This reinforces the messages of the trainer ensuring trainees pay closer attention to what they are saying.

BACK-TRACK Pro-MH and Pro-HC are very simple to use and suitable for classroom or on-location training. Simply insert the BACK-TRACK into the pouch, attach it to a belt or waistband and start moving patients or lifting boxes. The programmed vibration thresholds cause the BACK-TRACK to alert immediately when stooping or after a short delay if leaning forwards e.g. when taking blood pressure. The patient handling version (Pro-HC) has thresholds suitable for carers and healthcare professionals whereas the manual handling version (Pro-MH) is suitable for conventional lifting training.



BACK-TRACK is small and discrete. Insert it into the pouch to automatically turn it on and attach it to a waistband.



Poor technique, (stooping), will cause the BACK-TRACK device to vibrate immediately, whereas when using good technique, it will not. The vibration thresholds have been developed with MH trainers and the Pro-HC thresholds with trainers from the NHS.

According to Stacey Clemes, Cheryl Haslam and Roger Haslam’s paper; “What constitutes effective manual handling training? A systematic review” published in Occupational Medicine, Sept. 2009, one of their conclusions was “Evidence from intervention studies, conducted over the past three decades indicates that manual handling training is largely ineffective in reducing back pain and back injury”. BACK-TRACK can be used to help reinforce good training and the adoption of best practice techniques.

Other BACK-TRACK products are available;
 BACK-TRACK Pro for the prevention of injury for higher risk occupations,
 BACK-TRACK Pro-Intro for rotating through the business, i.e. a group will wear the devices for 3-4 months, demonstrate competency and then move the devices on to the next group of users. Pro-Intro is also suitable for induction periods for new employees.
 BACK-TRACK Back-To-Work for rehabilitating individuals with a back problem. Aids rehabilitation and minimises absence.



NHS - Birmingham Community Healthcare Trust use the BACK-TRACK Pro-HC system on a daily basis for refresher training.

Benefits

- BACK-TRACK reinforces the trainer’s messages
- Training classes become interactive and engaging
- Very easy to use. Training materials for your MH instructor included.
- Technology unique to BACK-TRACK and developed with the Health & Safety Laboratories
- Suitable for large or small organisations
- www.backtrack.co.uk



BACK-TRACK Pro-MH and Pro-HC products are available as a kit containing 10 devices and everything needed for your training class. For more information, contact us on info@backtrack.co.uk

