Manual Handling Training for Logistics

Service Objectives

Focused, logistics-specific manual handling training designed for UAE operations where throughput and safety must coexist.

- Prevent musculoskeletal disorders (MSDs), strains, sprains, and cumulative trauma.
- Improve handling speed and consistency across inbound, outbound, fulfilment, and last-mile workflows.
- Translate ergonomics into fast, usable techniques for unstable stacks, variable carton sizes, awkward grips, tight spaces, and MHE interfaces.
- Enable dynamic risk assessment at the point of work; assess load weight and centre of gravity; choose the safest handling path.
- Redesign micro-tasks so neutral postures become default; embed visual SOPs and bilingual toolbox micro-briefs.
- Align with ISO 45001 and UAE regulator expectations to reduce lost-time injuries, absenteeism, and claims while supporting SLA/OTIF.

> Built for ports, 3PLs, air cargo and e-commerce networks: practical controls your supervisors can implement immediately without slowing flow.

Who This Service Is For

- Logistics operations: ports, 3PL providers, freight forwarders, courier hubs, cold-chain operations, free zone distribution centres.
- UAE sites including JAFZA, KIZAD, Jebel Ali Port, AD Ports cargo villages, and e-commerce sortation centres.
- Roles: pickers/packers, cross-dock operatives, drivers and driver-helpers, air cargo handlers, stevedores, inventory control teams.
- Line leaders, supervisors, and HSE champions who coach safe techniques on the floor.
- Applicable to 3PLs, in-house logistics of manufacturers and retailers, and temperature-controlled logistics.
- Multi-language, multi-shift workforces handling mixed-weight, irregular loads in shared aisles with MHE.

Duration & Process Overview

- Core operative session: 3.5–4.5 hours; Supervisor add-on: 1.5 hours.
- Cohort size: 10–14 for effective observation and coaching; rotations scheduled around shift windows (including twilight/night).
- Delivery formats: on-site floor practice, blended classroom plus floor drills, or fully on-site practical; train-the-trainer available for scale.

- Languages: English, Arabic, Hindi/Urdu; scenarios tailored to SKUs, packaging, racking heights, dock layouts, vehicle types, and MHE interfaces.

Methodology

Modular delivery that combines micro-briefs with supervised floor practice on real loads, aligned to UAE regulatory expectations and site realities.

Phase	Objective	Duration / Deliverable
Pre-delivery Needs Analysis	Capture SKU mix, load weights/dimensions, racking heights, dock/vehicle layouts, and language profile to tailor scenarios.	Short site briefing; tailored plan and checklists.
Fundamentals & Risk Assessment	MSD basics, rapid dynamic risk checks, load and path planning for live bays.	1.5–2 hours; micro-brief + floor demonstration.
Safe Techniques & Aids	Lifting, pushing/pulling, team-handling, and mechanical aid selection on real loads (cartons, drums, cages).	~2 hours; coached practice and corrections.
Supervisor Coaching & Job Design	Visual SOPs, micro-breaks, pick face optimisation, triggers for team-handling or aids.	1.5 hours; supervisor toolkit and visuals.
Last-Mile & Cold-Chain Variants (as applicable)	Stairs, curbside deliveries, tail-lifts, temperature constraints, condensation-related slips.	1–1.5 hours; scenario-based drills.
Practical Assessment & Certification	Observed performance (posture, grip, footwork, path control, team-handling) with immediate coaching and re-check.	On-site assessment; named certificates of completion.

Pre-delivery Needs Analysis

- Brief scoping; site data capture to tailor modules and job aids.

Fundamentals & Risk Assessment

- MSD basics simplified for operatives; dynamic risk checks done in seconds.

Safe Techniques & Aids

- Neutral spine, hip hinge, staggered stance; correct use of pallet jacks/rollers.

Supervisor Coaching & Job Design

- Visual SOPs; setting Z-height ranges and micro-breaks to make safe the default.

Last-Mile & Cold-Chain Variants

- Stair and curb manoeuvres; gloves/dexterity and slip prevention in cold stores.

Practical Assessment & Certification

- Observed technique with structured checklists; immediate coaching; certificate issued on successful completion.