The new **POWERLIFT® Self Taught Training System** retains all of the components of the original **POWERLIFT® Train-the-Trainer System** but at a **fraction of the cost**.

What makes the new training system especially unique is the detailed **SELF TEACHING GUIDE** that is designed to train your safety team how to deliver **POWERLIFT® Training** to the entire employee population of your facility.

**INCLUDED IN THE  POWERLIFT® SELF TAUGHT TRAINING SYSTEM**

**BASIC TRAINING DVD**

A 16 minute DVD for your classroom instructors that introduces the basic concepts of **POWERLIFT® Training**.
LONG TERM CARE AND HOSPITAL TRAINING DVD

A 1.5 hour DVD detailing the tasks performed by your Nursing, Dietary, Housekeeping, Laundry and Maintenance Departments.

CHAPTERS INCLUDED IN THE LONG TERM CARE DVD

Basic Assist to Stand
Crab Walk
Basic Transfer
Lifting Assist Devices
Repositioning
Basic Bed Work
Related Bed Duties
Transfers from the Bed
Transfers to the Bed
Alternate Transfer Methods

Transfers from Bed to Gurney
Toileting
Bath and Shower
Resident Positioning in Bed
Ambulation
Related Ambulation Activities
Lifting a Resident from Floor
Transport Van
Transfers to the Auto

ADDITIONAL CHAPTERS

Dietary Department
Housekeeping Department
Laundry Department
Maintenance Department
Stretching and Exercise
EMPLOYEE HANDBOOK

The Employee Handbook offers an illustrated guide to all of the five POWERLIFT® Techniques.

The Employee Handbook includes multiple illustrated examples of using POWERLIFT® at work and at home.

Sample Page showing the 5 Basic Lifts and 9 examples of using POWERLIFT® on a Load with Handles.
SELF TRAINING GUIDE

An easy to use, 8-page guide that takes your Safety Trainer through all the steps necessary to become proficient at training your entire employee population.

STRETCHES

Pre-Shift Stretches focus on Hip and Leg flexibility.
Neck and Upper Back Stretches focus on the Shoulders, Arms, Upper Back and Neck.
Lower Back Stretches focus on Hip, Leg and Lower Back flexibility.
Use these as a Workplace Stretch Program or simply hand them out for workers to do on their own.
POWERLIFT MINI-SESSIONS
FOR
LONG TERM CARE & HOSPITAL TRAINING

25 Mini-Sessions showing common tasks performed by your Nursing and Nursing Assistants staff. Use these for training POWERLIFT® techniques for all aspects of patient and resident care.

MINI SESSION INDEX FOR NURSING

ALTERNATE TRANSFER METHODS
AMBULATION
BASIC ASSIST TO STAND
BASIC BED WORK
BASIC TRANSFERS
BATH AND SHOWER
BENDING AND LIFTING
COMMON TRANSFERS
CRAB WALK
DIETARY DEPARTMENT
HOUSEKEEPING DEPARTMENT
LAUNDRY DEPARTMENT
LIFTING A RESIDENT FROM THE FLOOR
LIFTING ASSIST DEVICES
LIFTING BULKY OBJECTS
LIFTING THE GURNERY
LIFTING THE STAIR CHAIR
MAINTENANCE DEPARTMENT
MAKING BEDS
RELATED BED DUTIES
REPOSITIONING
RESIDENT POSITIONING IN BED
SUPPORT BELTS
TAKING A BLOOD PRESSURE
TOILETING
TRANSFERS FROM BED TO GURNEY
TRANSFERS TO AND FROM BED
TRANSFERS TO THE AUTO
TRANSPORT VAN

ADDITION MINI SESSIONS

Dietary Department
Housekeeping Department
Laundry Department
Maintenance Department
POWERLIFT MINI-SESSIONS FOR INDUSTRY and HOME

100 Mini-Sessions showing common tasks performed at work and at home. Use these to promote the POWERLIFT® Safety Culture at home as well as at work.
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WORKING IN A TIGHT SPACE
The POWERLIFT® Self Taught Training System comes complete for $695. Upon purchase, you may copy and distribute to your workers any of the printed material except for the Employee Handbook and the DVD.

The training system can be sent to you for a 10 day preview.

Contact Risk Management Consultants to request your preview.

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