

# Preventing Muscular and Back Problems for Bankers:



## Tools for High Morale and Productivity

### OSALP 2009 Open Enrolment Course



**80% of the bankers will develop a back problem during some time of their lives.**

**This range from all management and employees levels.**

**For some of them, the pain will change their lives for good. This includes their work, home and leisure activities**

**OSALP International** professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

# Preventing Muscular and Back Problems for Bankers: Tools for High Morale and Productivity: 1 day Course

This course is especially designed to have long lasting effects on employees working in banks and to reduce costly injuries both on and off the job. The techniques that you would learn in this course are the specialty of OSALP and has come from the Martial Arts, Kinesiology, Expert Trainers, Science of Biomechanics, Practical experience and from Nature.

## The Course

- ◆ Introduction to Body Mechanics
- ◆ Mind your Back Techniques
- ◆ Spine animations
- ◆ Spine care
- ◆ Proper back posture for bankers
- ◆ Compressive Forces on Disks
- ◆ Modules on Intervention
- ◆ Hazard Assessment for banks
- ◆ Workplace Ergonomics and Back Injury Assessment
- ◆ Exercises for better back for bankers
- ◆ Living the 24 hours life style
- ◆ Spreading the techniques to family and school children



## What will you learn?

- ◆ Injury prevention through an understanding of body mechanics and the ways that injuries occur in banks
- ◆ Being stronger and more in control as you work in banks.
- ◆ Increased awareness of hazards in banks.
- ◆ Working safer, smarter and with less strain by eliminating the risks associated with workplace and home activities.
- ◆ Protecting yourselves and others through positive intervention.
- ◆ Performing activities better while at work, home and leisure
- ◆ Master the special techniques to practice that would change your life at work and at home



**Excellent**

*This course was very valuable to me in that almost every aspect of the course was immediately usable for my position. Presenters were great and material was very easy to follow and incorporate*

## Who Should Attend

- ◆ Everyone who works in a bank

## Registration

Please contact **Sara Kalsoom**,  
Facilitator Corporate Services with participants' details:

- ◆ Email: [sara@osalp.com.pk](mailto:sara@osalp.com.pk)
- ◆ Phone: 042-660 1495, 042-6610391 -5
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-6610396

## Dates 2009

- ◆ 24th Mar Tue Islamabad
- ◆ 5th Jun Fri Lahore
- ◆ 16th Nov Mon Karachi

## Course Fee

- ◆ **Course fee = Rupees 8,000/Person Isl and Lhr**
- ◆ **Rupees 10,000/Person Karachi**
- ◆ Course fee is inclusive of training booklets, lunches, teas, home assignments and training certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

## This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.