

mLearning for Teaching Safe Lifting Methods

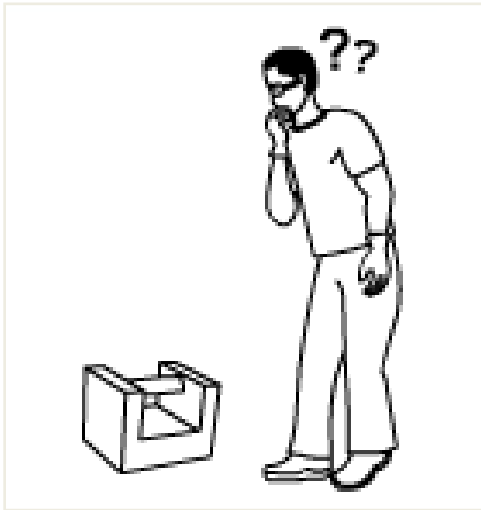




Client details

Industry: Precision weighing and measurement instruments

Audience: Technicians



Project details

This M-learning course was developed to help reduce common types of injuries at the workplace.

Awareness was increased among technicians on avoiding unsafe practices.



Course Requirements

Tool: Flash

Number of modules: 5

Quiz: No

Interactivity level: Medium (Level 2)

Audio: Yes

Translation: Yes

Number of translations: 2

Course duration: 5 minutes

Device: Blackberry



Content details

Source content	PDF
Content clarity	Good
Content Type	Instructional
Images	Yes
SME assistance	No

2.2 HAZARDOUS MANUAL HANDLING:

Manual handling having any of the following characteristics:

- The repetitive or sustained application or force, awkward posture or movement,
- The application of high force or exposure to sustained vibration
- Manual handling of unstable or unbalanced loads or loads which are difficult to grasp or hold.

Manual Handling

- Make sure the area where you'll unload is clear.
- Check the object you'll be carrying to see if it has rough or jagged edges or slippery surfaces.
- Lift a corner of the object to check that it's not too heavy or unstable for you to carry. If it is, try to separate the load into smaller pieces.
- Wear gloves that give a good grip on what you're carrying, safety shoes with reinforced toes and non-skid soles and clothing that fits snugly and won't get in the way.
- Warm up before lifting with gentle bends and stretches
- Get additional personnel or mechanical help if needed.



Challenge

1) Byte-sized course

We had to show the entire process of lifting weights with their do's and don'ts in a bite sized course within a duration of 5 minutes.

2) Developing Line-drawings

Line drawings representing technicians' work had to be developed.



CommLab Solution

1) Animations and Images

Lots of animation and many images were used instead of step-by-step explanations to evoke interest in the course.

2) Study was carried out

Visual designers had to first understand the work of the technicians and their work environment to create suitable line drawings.



Instructional

Transformational Visuals

Transformational visuals were used to depict the step-by-step process of lifting.

Transformational visuals are visuals which are used to show changes in the objects over time or space.

Animated line drawings were used to show the process in a simple manner.



Visual

Line drawings

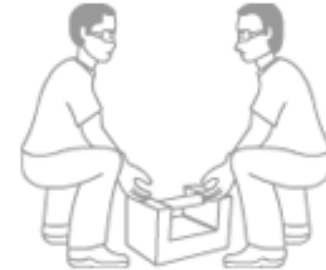
Line drawings were created to represent the working environment and tasks that technicians carry out.

Planning

1. Test Weight



1a. Get assistance



Heavy?



Instructional

Source content

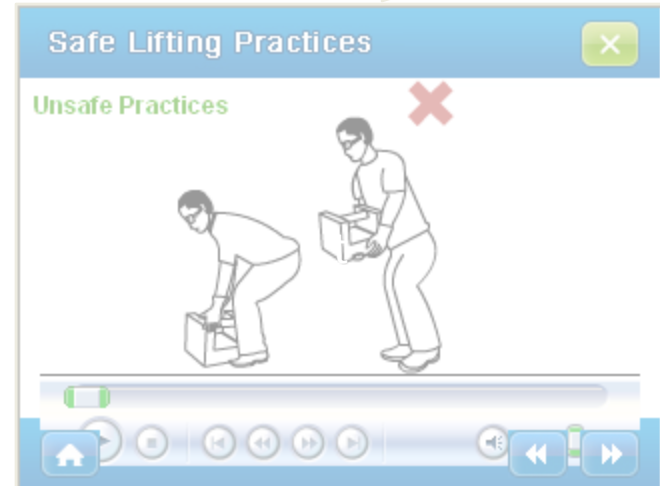
As the content provided by the client was very wordy and text-heavy, it was difficult to use it for M-learning

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- Wear gloves that give a good grip on what you're carrying, safety shoes with reinforced toes and non-skid soles and clothing that fits snugly and won't get in the way.
- Warm up before lifting with gentle bends and stretches
- Get additional personnel or mechanical help if needed.

Course content

The entire content was shown using relevant images along with simple instructions

Screenshot from the course using line drawings along with simple instructions





Visual

Source content

In the source content, the process of lifting was explained without the use of suitable visuals for main steps

4.2 HERE'S HOW TO LIFT CORRECTLY:

- Stand close to the load with feet firmly on the floor, about shoulder width apart. Point your toes out.
- Squat down close to the load with you back straight in its natural curve, knees bent, and stomach muscles tight.
- Place your hands on diagonally opposite corners of the load so one hand pulls the load towards you and one lifts.
- Grip the load firmly with both entire hands, not just the fingers.
- Bring the load as close as possible to your body. Keep your weight centered over your feet. Tuck your arms and elbows into your side and your chin into your neck.
- Stand up slowly; keeping your back straight in its natural curve letting your legs do the lifting.

Course content

In the course, the process of lifting was explained using line art, through which learners could easily understand the process at a glimpse

Screenshot from the course explaining the process of lifting using line drawings

Steps for Safe Lifting

