

## COURSE DESCRIPTION:

This program is focused to help prevent back injury on the job. It is for people in all walks of life and can be used for heavy lifting as well as objects that may have to be picked up in an office setting. These practices can help workers protect themselves from the most disabling disease in America.

## REGULATORY REFERENCE:

N/A

## APPROXIMATE DURATION:

20 Minutes

## COURSE OUTLINE:

1. Introduction
2. Training Objectives
3. Anatomy of the Spine
4. Categories of Back Problems
5. Causes of Back Injury
6. First Aid for the Aching Back
7. Back Posture for Injury Prevention
8. Proper Lifting Procedures
9. Take Care of Your Back
10. Apply Back Safety to Your Job
11. Summary

