



BACK SAFETY AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band: A

Course Outline:

The aim of this course is to inform delegates about the common causes of back injuries and outline preventative and reactive measures that can be taken to avoid them.

Learning Objectives:

- LO1: Outline common causes of back injuries
- LO2: Describe preventative measures to reduce the risk of back injuries
 - Safe lifting techniques
 - Know the weight and shape
 - Pushing and pulling
- LO3: Illustrate how to maintain good posture when lifting
 - Good posture
 - The wall test
- LO4: Describe how to maintain good health to facilitate lifting
 - Exercise and stretching
 - Ergonomics
- LO5: Describe reactive measures to reduce the risk of back injuries

