



Back Safety

Course Title:	Back Safety
Regulatory & Technical Reference:	OSHA Publications: 3465, 3182, 3341, Controlling Ergonomic Hazards Fact sheet E. NIOSH Publication: Ergonomics for Construction Workers, Musculoskeletal Health Programs No. 97-117
Target Groups:	All levels of personnel who can be subjected to back disorders due to workplace ergonomic hazards.
Prerequisites:	None.
Objective:	This course will provide personnel with knowledge in the following: <ul style="list-style-type: none">- What back disorders are- The causes of back disorders.- How can back disorders affect someone.- How to prevent back disorders.
Course Design:	This course offers an overview of all NIOSH and OSHA publications on what back disorders are, what causes them, safe lifting techniques, proper workplace posture, what movements to avoid performing, and how staying in shape can help to avoid musculoskeletal disorders.
Completion Requirements:	Classroom presentation followed by a closed book examination, which requires at least a 70% for successful completion.
Course Length:	1 – 2 hours.
Class Size:	1 – 20 students.