CONTRACTOR SAFETY ORIENTATION SYLLABUS
Lifting Safety Training

AUDIENCE

✓ All contractor employees whose job duties require lifting.

PRESENTATION METHOD

✓ CBT – Computer Based Training

TRAINING DURATION

✓ Student paced (approx. 45 – 60 minutes)

PURPOSE

✓ Training will inform personnel of how the back works, causes of back injury, the physical results of back injury, prevention techniques including exercise and eating healthy and proper lifting techniques.

SUBJECT MATTER

✓ How the Back Works
✓ Causes of Back Injury
✓ Physical Results
✓ Prevention
✓ Lifting

OBJECTIVES

✓ At the conclusion of this training program each participant should:

1. Understand how the back works
2. Understand the causes of back injury
3. Know the physical results of back injury
4. Know proper prevention techniques
5. Know proper lifting techniques
6. Understand the importance of exercise in promoting a healthy back
7. Understand the importance of eating healthy in preventing back injury
8. Understand that poor posture causes back injury
9. Understand how ergonomics can help prevent back injury
10. Understand that good housekeeping can prevent back injury
11. Understand the dangers of smoking in relation to the back

MEASUREMENT DEVICE

✓ Written Test – 10 questions, 70% to pass