

LIFTING SAFETY TRAINING SYLLABUS

Description: Training will inform employees how proper lifting can help prevent back injuries using proper lifting techniques. Trainees will be shown how the back functions and what can cause back injuries.

Course start time: 7:30am – 4:00pm CBT Lab hours

Course Length: Approximately 15-40 minutes including test. (Course is 12 minutes in length)

Presentation Method: CBT – Computer Based Training

Audience: Any employee whose job will require any type of lifting.

Subjects covered (topics):

Introduction	How the back works	Body mechanics
Back is the Foundation	Back injury	Causes of injuries
Other factors	Physical results	Trauma disorders
Instant injuries	Prevention	Limitations
Housekeeping	Rest	Body fuel
Exercise	Posture	smoking
Prevention recap	Lifting	Footwear
No horseplay	Getting help	Natural S curve
Turning with feet	Working as a team	Shoveling
Healthy back	Test	

Objectives: Upon completion of the course, trainees will have a general awareness knowledge of the following:

1. How the back works
2. Causes of back injuries
3. Physical results of back injuries
4. Proper prevention techniques
5. Proper lifting
6. Importance of exercise
7. Importance of healthy eating
8. Poor posture can cause injuries

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9. Good ergonomics
10. Good housekeeping
11. Dangers of smoking in relation to back injuries

Test Information: Test consist of 10 questions and will require 70% or higher to pass the course.