

Course Length: 0.5 hours

Course Objective:

- Discuss best practices to prevent back injuries by developing habits to reduce the strain placed on your back.

Course Design:

- Narrated e-learning modules

Successful Course Completion:

- Requires successful completion of knowledge assessment.

Course Outline:

- Why do back injuries occur?
- Common causes of back injuries
- Preventing back injuries
- Exercises for your back

Post Training Evaluation:

- The employer shall ensure that each employee is evaluated to confirm that he/she understands the information provided in the training.

Reference Material / Documents:

29 CFR 1910.132

M&A Safety Services training conforms to OSHA CBT Training standards and ANSI Z490.1. Criteria for Accepted Practices in Safety, Health and Environmental Training. M&A Safety Services LLC. follows all ANSI training criteria.

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