

# BACK SAFETY AWARENESS TRAINING (PROPER LIFTING)

## Program Overview:

Lifting is a leading cause of back injuries and lost time in the workplace. This training program is designed for those workers who are required to do Manual Lifting as part of their daily workplace tasks. The course covers – the OHSA, types of injuries (MSDs/RSIs), how to prevent such injuries as well as proper lifting procedures, practices and equipment that workers can use to avoid manual lifting.

## Training Content:

- Legislation – the OHSA – General Duty Clause
- Duties of the Employer
- Ergonomics and MSDs
- Anatomy of a back
- Back Injuries – causes
- Forces involved
- Contributing factors
- Preventing injuries
- Proper lifting procedures

**Course Duration:** Four (4) Hour training session dependent upon number of participants.

This is also an on-line e-learning course. All you need is a computer, access to the Internet and you are ready to go! The course allows you – the learner to learn at your own pace and convenience.

levacsafety.com

## Legal Disclaimer

It is the employer's responsibility to ensure that each of their employees is properly trained. This program provides training of a general nature and may not include the hazards that are unique to your workplace. The intent of this training program is to outline expected industry standards. Employers must always ensure that their workers are properly trained according to the hazards and regulations specific to their workplace and job tasks. **LEVAC HEALTH & SAFETY** has made every attempt to ensure the accuracy and reliability of the training material that has been provided in this training program.

Updated: February 2022