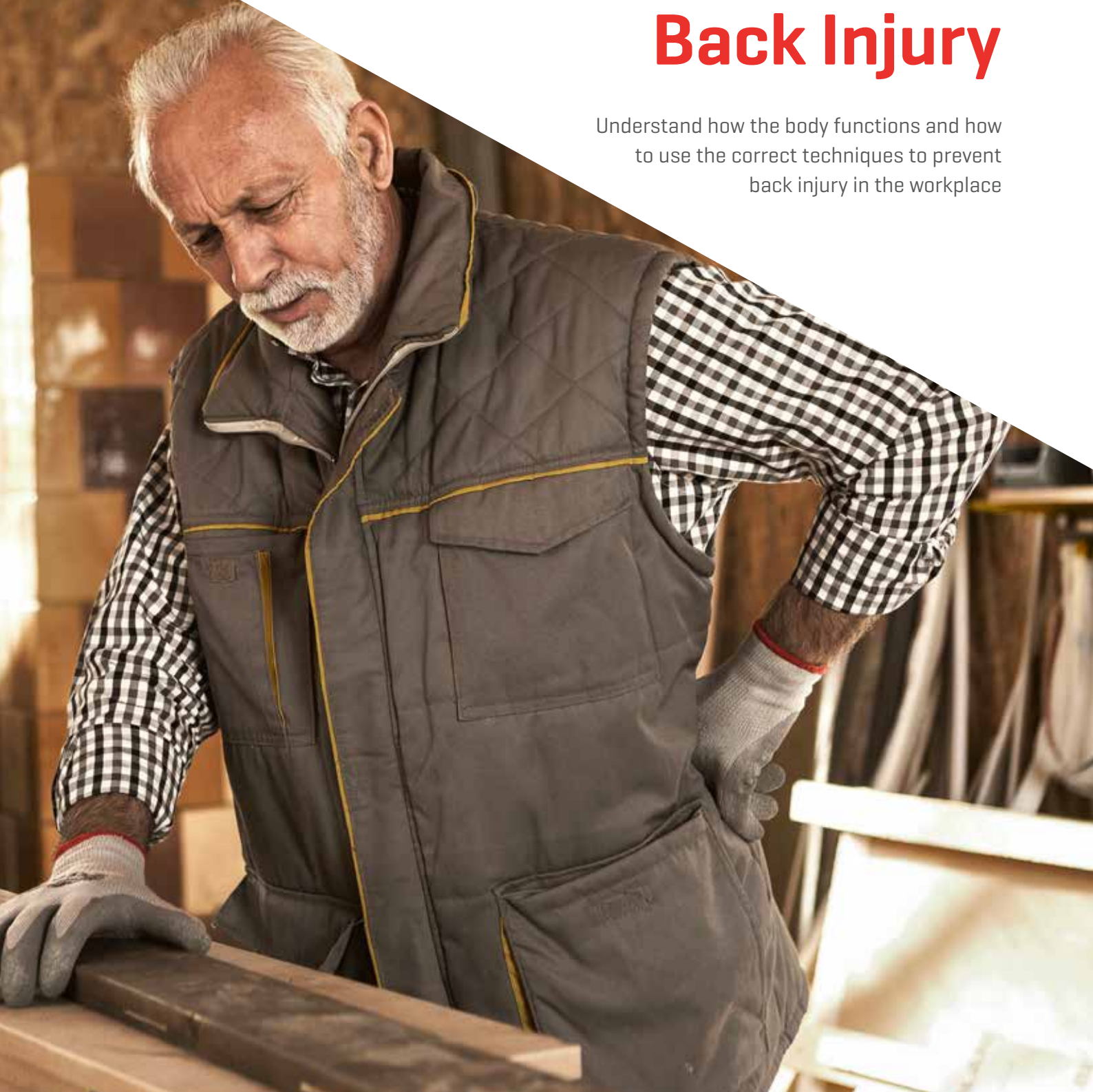




Prevention of Back Injury

Understand how the body functions and how to use the correct techniques to prevent back injury in the workplace





Prevention of Back Injury

Understand how the body functions and how to use the correct techniques to prevent back injury in the workplace.

This course will help you understand the harmful and physical demands placed on our bodies and give you the tools to support your long term physical performance. Learn to apply effective lifting and moving techniques that will relate directly to your work activities and gain awareness and knowledge for combating back and musculoskeletal injuries.

Key Learning Outcomes:

- ✓ Describe the structure and function of the spine
- ✓ Identify risk factors associated with occupational back injury and techniques that reduce the risk of back injury
- ✓ Identify work place control measures to reduce the risk of back injury
- ✓ Identify back care techniques

PREVENTION OF BACK INJURY

Unit 17592	Identify the causes of back injury and methods to prevent back injuries in the workplace
Attendance Prerequisites	Hazard and Risk Management is recommended
Course Duration	Half day (4 hours)
Availability	<ul style="list-style-type: none"> ✓ Nationwide at one of our training centres ✓ At your own site or workplace