

Back Injury Prevention

Course Description

In this course, we'll cover the major issue of back pain and injuries, including how injuries happen, and how they can be treated and prevented.

We'll start with back injury statistics, and move on to an examination of the structure, regions, and functions of the spine.

You'll see how back problems can be caused by personal decisions, such as bad lifting techniques, along with those relating to workplace conditions or job specifications.

We'll also examine factors beyond your control, including aging and other medical conditions.

You'll learn about ergonomics and back pain, and how back pain is diagnosed and treated.

The course contains practical advice around how to keep your back healthy and you'll learn about the early signs and symptoms of a back problem.

You'll be shown a range of proven manual handling techniques and we'll discuss some of the alternatives to lifting which may be available in your workplace.

Learning Objectives

When you've completed this Back Safety course, you will understand about:

- The anatomy of the back
- Back injuries at work
- Causes of back problems
- Ergonomics and the prevention of back pain
- Diagnosing and treating acute and chronic back pain
- NIOSH lifting equation
- The levers principle
- Safe material handling and lifting techniques
- Repetitive lifting
- Awkward postures
- Alternatives to lifting

Plus, a Bonus Module: Tips and exercises for a strong, healthy back.

Target Audience

This course is aimed at workers who through work activities may be at risk of back injuries and their supervisors and managers that are in positions to make sure they work in a safe manner.

Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

Modules

Course	Module Number	Module Name	Pass % Required
Back Injury Prevention	1	Introduction	70
Back Injury Prevention	2	Back Injuries at Work	70
Back Injury Prevention	3	Factors Beyond Your Control	70
Back Injury Prevention	4	Ergonomics and Back Pain	70
Back Injury Prevention	5	Keeping Your Back Healthy	70
Back Injury Prevention	6	The Lifting Equation, Index and Levers Principle	70
Back Injury Prevention	7	Manual Handling	70
Back Injury Prevention	8	Dealing with Repetitive Tasks	70
Back Injury Prevention	9	Maintaining a Healthy Back	70

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 72 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*