Back Injury & Lifting

Estimated time to complete: 10 minutes

Course Description

SafeColleges Back Injury & Lifting course tackles the costly problem of back injury for all campus personnel. The course shows scenarios on how various campus employees are exposed to back injury in day-to-day tasks. The instruction includes a variety of lifting techniques to help learners' reduce their exposure to back injury. Lastly the course provides explanation about the uses and limitation of equipment and tools such as back belts.

Common Themes

- Reviews physiological functions of the back and ranges of motion
- Definition of ergonomics as defined by OSHA
- Explains Cumulative Trauma Disorder as one of the main causes of back injury
- Review of the most common sources of back injury
- Demonstrations of common problems in a campus environment
- Animated examples of proper lifting technique
- Criteria for deciding which loads are too heavy to lift
- Coverage of helpful equipment and tools such as back belts

Authors

James Vaughan is president of Today's Resources, Inc. (TRI), a full-service safety and health consulting firm. Jim has direct OSHA compliance and loss-control experience. Karl Sommers III, a TRI associate, has experience as a safety director in a variety of work environments and leadership duties within numerous professional safety organizations.

Training Environments

SafeColleges is ideal for a blended learning environment, complementing in-service or video training, or as a stand-alone training course. The *SafeColleges* approach engages the learner in an e-learning environment; while a Compliance Management System automatically tracks his/her progress through the courses. This assists the campus administrator or training coordinator in demonstrating compliance.

For a free evaluation, email info@safecolleges.com or call 1.800.434.0154.