

## Back Injury Prevention Planning

### Classroom Course

This one-day course is designed to inform managers and supervisors about the value of implementing a Back Injury Prevention Program within their organization. This course is also beneficial for workers who undertake manual lifting operations during their daily work activities.

### Course Topics

- Back injury statistics in the construction industry
- Injury prevention strategies
- Legal responsibilities of employers, managers, supervisors and workers for injury prevention
- Engineering controls and work site tools
- Proper lifting techniques and warm-up exercises
- Human factors associated with work (ergonomics)
- Incorporating back injury prevention into an existing Health & Safety Program
- Developing modified/light-duty work programs

### Certification

There is no written test for this course.

### Prerequisites

None required at this time.