



BACKS: ELEMENTS OF BACK CARE

OSHA General



Course Syllabus

TMC4021 - Backs: Elements of Back Care

Your workers can use this Back Safety Training course to help them avoid injury. Your workers will learn about the natural position of the spine. They will learn how to recognize how a back injury occurs. In "Back Safety Training", workers will learn the importance of stretching and good body mechanics to prevent back injuries. This back safety training course is accredited for continuing education units.

Course Learning Objectives

- Utilize strategies to protect your back from injury.
- Recognize how back injuries occur.
- Stretch and warm up before any physical activity.
- Use good body mechanics to prevent back injury.
- Apply good body mechanics to real world situations.

Formatting and Pricing

Individual courses can be purchased direct from EnviroGuardTraining.com. May be combined with FIT 2. Contact bsantoro@enviroguard.com for multiple attendee discounts or to develop a custom training program to meet your needs.

Format: E-Learning

Catalog# TMC4021(E)

Who should take this course?

All workers.

Course Length:

35 ~ 75 minutes

To Purchase this Training

Go To: EnviroGuardTraining.com

Call: 800-206-9884

Fax: 909-624-1772

Email: SalesInfo@EnviroGuard.com