

## **Back Injury & Lifting**

Estimated time to complete: 10 minutes

### **Course Description**

*SafeSchools Back Injury & Lifting* course tackles the costly problem of back injury for all district personnel. The course shows scenarios on how various K12 school 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 leading causes of back injury
- Review of the most common sources of back injury
- Demonstrations of common problems in the K12 school 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.

### **Instructor Support Materials**

*SafeSchools* courses come complete with instructor materials to augment current training practices. Included with the course are:

- Microsoft PowerPoint presentations
- Lesson plans
- Case studies
- Course assessments
- Policy guides
- Support materials

### **Training Environments**

*SafeSchools* is ideal for a blended learning environment, complementing in-service or video training, or as a stand-alone training course. The *SafeSchools* 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 district administrator or training coordinator in demonstrating compliance.

For a free evaluation, email [info@safeschools.com](mailto:info@safeschools.com) or call 1-800-434-0154.

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