

## Back Injury Prevention Program

This one-day course has been designed to inform managers and supervisors of the value of implementing a Back Injury Prevention program within their organization. On many work sites, back injuries are more prevalent than other injuries sustained by workers. This course is also recommended for workers who undertake manual lifting operations during their daily activities at the work site.

### Course Objectives:

- To inform employers, managers, and supervisors of the important role they play in preventing back injuries
- To address back injury prevention issues faced by workers in the construction industry
- To provide the necessary tools to control these risks at the work site
- To inform employers, managers, supervisors and workers of their legislated responsibilities

### Course Content:

- The profile of back injuries
- Injury prevention strategies
- Back care
- Human factors associated with work (ergonomics)
- Hazard identification and control
- How to implement back injury prevention strategies within an existing health and safety program
- Information on developing modified/light duty work programs

This course is recommended as one of the elective courses you should take towards the National Construction Safety Officer (NCSO) program **OR** the Health and Safety Administrator program.

