

## **Back Safety**

Back pain is one of the most common health complaints in the world wide. Back pain affects 8 out of 10 people at some point in their lives. Risks are higher for manufacturing, warehouse, hospitality and trades workers, as well as others with physically demanding jobs

### **Our Back Safety certification covers:**

- Introduction
- Reasons of Back Pain
- Recognize how back injuries occur in the workplace
- Identify ways you can care for your back and prevent back injuries
- Explain how best practices, such as using tools and equipment and moving loads properly, can prevent back injuries

**Duration:** 2 Days

**Exam:** Must score 80% to pass