

LBS616

## Back Safety (Manual Lifting)

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**Duration** 2 hours

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**Target group** Onshore/Offshore Workers

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**Prerequisites** There is no prerequisite for this course.

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**Objective** Upon completion of the course, the delegate will be able to:

- Explain proper lifting techniques
- Describe the anatomy of the back
- List the main causes of back injuries
- Demonstrate exercises that keep the back in shape

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**Contents** The topics covered during this training are:

- Common causes of back injuries
- Preventing back injuries
- Proper lifting techniques
- Back exercises
- Contributing factors

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**Exam** The delegate will be required to attain a minimum score of 70% on a written assessment.