

LBS616

Back Safety (Manual Lifting)

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: <ul style="list-style-type: none">-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: <ul style="list-style-type: none">-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.
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