



OBS6653

SIPP L1 office formerly known as SIPP L2 (Office)

Duration	4 hours
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Target group	Schlumberger personnel
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Prerequisites	None
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Objective	Upon completion of SIPP training, personnel will be able to understand that small changes in the body's position can increase power, balance, and stability giving one's self more control of their body as they work.
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Contents	The course will include information on the following: <ul style="list-style-type: none">-Orientation-Human body-Warm up/stretching-Body control and special techniques-Manual lifting
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Exam