

## Back Safety Awareness - OSHA Standards

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**Duration** 20 Minutes

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**Target group** Oil & Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Outline common causes of back injuries
- LO2: Describe preventative measures to reduce the risk of back injuries
  - Safe lifting techniques
  - Know the weight and shape
  - Pushing and pulling
- LO3: Illustrate how to maintain good posture when lifting
  - Good posture
  - The wall test
- LO4: Describe how to maintain good health to facilitate lifting
  - Exercise and stretching
  - Ergonomics
- LO5: Describe reactive measures to reduce the risk of back injuries

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**Contents**

The course is available in the following languages: US English; Turkish

The aim of this course is to inform delegates about the common causes of back injuries and outline preventative and reactive measures that can be taken to avoid them.

Employers should provide additional training when a new hazard/procedure/condition or piece of equipment is introduced into the workplace or "unscheduled" refresher training is recommended as directed to address inadequacies in knowledge and to address unsafe acts/deviations from procedures.

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**Exam** The assessment is taken during the course and is within the expected duration.