

<b>Course code</b>	IBSRDL603
<b>Course name</b>	Back Safety (OSHA) - Digital Learning
<b>Duration</b>	20 Minutes
<b>Target group</b>	Oil & Gas Industry
<b>Prerequisites</b>	No prerequisites are required to sit this course.
<b>Objective</b>	LO1: Outline common causes of back injuries LO2: Describe preventative measures to reduce the risk of back injuries LO3: Illustrate how to maintain good posture when lifting LO4: Describe how to maintain good health to facilitate lifting LO5: Describe reactive measures to reduce the risk of back injuries
<b>Contents</b>	The Occupational Safety and Health Administration is an agency of the United States Department of Labour. In this course you will learn about common causes of back injuries and outline preventative and reactive measures that can be taken to avoid them.
<b>Exam</b>	The assessment is taken during the course and is within the expected duration.