

Course code	IBSRDL603
Course name	Back Safety Awareness - OSHA Standards
Duration	20 Minutes
Target group	Oil & Gas Industry
Prerequisites	No prerequisites are required to sit this course.
Objective	<p>LO1: Outline common causes of back injuries</p> <p>LO2: Describe preventative measures to reduce the risk of back injuries</p> <ul style="list-style-type: none"> · Safe lifting techniques · Know the weight and shape · Pushing and pulling <p>LO3: Illustrate how to maintain good posture when lifting</p> <ul style="list-style-type: none"> · Good posture · The wall test <p>LO4: Describe how to maintain good health to facilitate lifting</p> <ul style="list-style-type: none"> · Exercise and stretching · Ergonomics <p>LO5: Describe reactive measures to reduce the risk of back injuries</p>
Contents	<p>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.</p> <p>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.</p>
Exam	The assessment is taken during the course and is within the expected duration.