

IBSRDL603

## Back Safety Awareness - OSHA Standards

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| <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>     | <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"><li>· Safe lifting techniques</li><li>· Know the weight and shape</li><li>· Pushing and pulling</li></ul> <p>LO3: Illustrate how to maintain good posture when lifting</p> <ul style="list-style-type: none"><li>· Good posture</li><li>· The wall test</li></ul> <p>LO4: Describe how to maintain good health to facilitate lifting</p> <ul style="list-style-type: none"><li>· Exercise and stretching</li><li>· Ergonomics</li></ul> <p>LO5: Describe reactive measures to reduce the risk of back injuries</p> |
| <b>Contents</b>      | <p>The course is available in the following languages: US English; Turkish</p> <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>                                                                                                               |
| <b>Exam</b>          | The assessment is taken during the course and is within the expected duration.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |