

Course code	IBSRDL603
Course name	Back Safety Awareness (OSHA)
Duration	20 Minutes
Target group	Oil & Gas Industry
Prerequisites	No prerequisites are required to sit this course.
Objective	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
Contents	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.
Exam	The assessment is taken during the course and is within the expected duration.