RelyOn Nutec
360° Safety

IBSRDL603

Back Safety Awareness - OSHA Standards

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