



Training Notice

- Title: *Back & Lifting Safety Course*
- Subject: Understand the anatomy of the spine, the proper use and limitations of the back and how to lift, stack, rack, and move materials safely.
- Topics: See attached talking points and description
- Who Should Attend: All employees who lift, stack, rack, or move materials.
- Instructor: Scott Niedzielski from Du-All
- Handouts/Reference: To be provided at training.
- Date: May 15, 2007
- Time: 11:00 a.m. to 12:00 a.m.
- Location: Silliman Center, 6800 Mowry Avenue, Newark, CA
- Cost: Free to ABAG PLAN Members.
Others billed \$50 based on attendance.
- Includes: Light Refreshments (coffee, water, crackers)
- To Register: go to www.abag.ca.gov/plan/training.html

Contact for more information: Carol Taylor, (510) 464-7962 or carolj@abag.ca.gov

Back Safety / Lifting Safety Outline

Course identification, length and regulatory drivers: The following is a course outline for back lifting safety training.

Class length: 1 hour

Attendance prerequisites: None

Target audience: All employees who lift, stack, rack, or move materials.

Training location space & equipment requirements: Classroom setting with projector for power point presentation, white board or flip chart.

Learning objectives: Understand the anatomy of the spine, the proper use and limitations of the back, and how to lift, stack, rack, and move materials safely.

Reference and instruction materials: Power point handout

Evaluation instrument(s): Standard Evaluation form and 10 question test (optional)

Refresher frequency:

Sequence of instructions

- **Definitions**
 - Repetitive Motion Injury (RMI)
 - Chronic versus acute injuries

- **Spinal anatomy**
 - Vertebrae: body
 - Disc, spinal column, spinal cord, nerves

- **Common back injury mechanisms**
 - Repetition
 - Force production > Overexertion
 - Improper posture (biomechanics)
 - Inherent job / task risks
 - Genetic predispositions

- **Specific injuries**

Lumbar strain
Herniated disc

- **Ergonomic resolutions / understanding**
 - Understanding biomechanics
 - Anatomy and physiology of lifting
 - Recognition of fatigue
 - Fatigue to disability continuum

- **Injury prevention**
 - Stay within proper biomechanics
 - Keep joints aligned
 - Don't hurry
 - Get help - human on mechanical
 - Look before lifting
 - Clear the way before lifting
 - Maintain flexibility
 - Warm up
 - Exercise program

- **Conclusion**
 - Balance is the key
 - Flexibility
 - Symmetry
 - Strength
 - Biomechanics

Class Max: 30

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