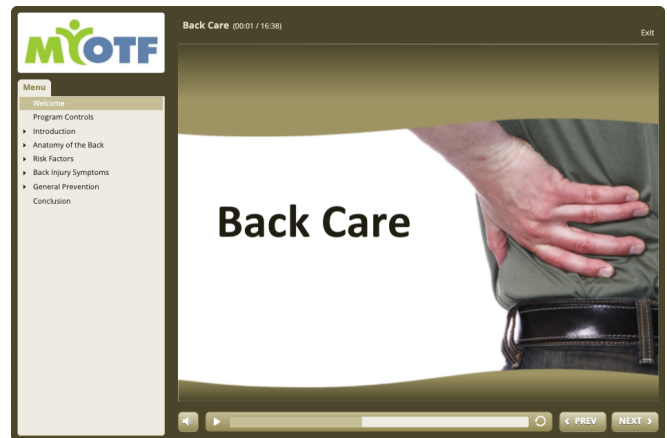


About this Course

Four out of five adults will experience back pain at least once in their life, whether it be at work, home, or play. Back pain can be caused by one incident or accumulate over time, and occurs most commonly between the ages of 30 - 50.

Most back problems are a result of improper movement occurring in the back's muscles, ligaments, and joints. Back pain is one of the most common causes of lost work days on the jobsite.

In this training module, we'll show you how to avoid and handle back injury and pain. The average student will require approximately 20 minutes to complete both the course and quiz.



Course Outline

Introduction

- Course Overview
- Back Injuries
- Back Pain Statistics

Anatomy

- The Spine
- The Curves
- The Vertebrae
- Muscles and Ligaments

Risk Factors

- Back Pain Factors
- Assessing the Risk
- Workplace Risk Assessment
- Jack Placement

Back Injury Symptoms

- Mechanical vs Non-Mechanical
- Treatments for Back Pain

General Prevention

- Strength
- Endurance
- Posture
- Lifting
- Assisted Lifting
- Bending and Crouching
- Stretching
- How to Stretch
- Stretching Exercises

Mastery Quiz (80% to pass)

Verification Techniques Employed

- ✓ **Identity:** Unique usernames and passwords.
- ✓ **Security:** Bank-level encryption.
- ✓ **Certificate Verification:** Certificates contain a verification code that can be checked on MyOTF.com.