

CONTRACTOR SAFETY ORIENTATION SYLLABUS

Lifting Safety Training

AUDIENCE

- ❖ *All contractor employees whose job duties require lifting.*

PRESENTATION METHOD

- ❖ *CBT – Computer Based Training*

TRAINING DURATION

- ❖ *Student paced (approx. 45 – 60 minutes)*

PURPOSE

- ❖ *Training will inform personnel of how the back works, causes of back injury, the physical results of back injury, prevention techniques including exercise and eating healthy and proper lifting techniques.*

SUBJECT MATTER

- * How the Back Works
- * Causes of Back Injury
- * Physical Results
- * Prevention
- * Lifting

OBJECTIVES

- ❖ *At the conclusion of this training program each participant should:*
- 1. Understand how the back works
- 2. Understand the causes of back injury
- 3. Know the physical results of back injury
- 4. Know proper prevention techniques
- 5. Know proper lifting techniques
- 6. Understand the importance of exercise in promoting a healthy back
- 7. Understand the importance of eating healthy in preventing back injury
- 8. Understand that poor posture causes back injury
- 9. Understand how ergonomics can help prevent back injury
- 10. Understand that good housekeeping can prevent back injury
- 11. Understand the dangers of smoking in relation to the back

MEASUREMENT DEVICE

- ❖ *Written Test – 10 questions, 70% to pass*