

# **Back School Classroom Course Outline**

## **Class 1**

Introduction

Back Facts

Anatomy

Risk Factors

Practical Applications - Posture

## **Class 2**

Back Injuries

Causes of Injury

Signs and Symptoms

Practical Applications - Activities of Daily Living

## **Class 3**

Body Mechanics and Postures

Sleeping, Sitting, Standing, Lifting and Carrying

Practical Applications – Office Ergonomic Self-Assessment

## **Class 4**

Prevention and Treatments of Back Injury

Core Stabilization

Practical Applications – Choosing the Best Treatment for You

## **PROGRAM GOALS**

- Educate employees about common back injuries, signs and symptoms, and rehabilitation.
- Identify hazardous postures and situations to prevent injury.
- Learn proper body mechanics for lifting, sitting, sleeping and standing that reduce and prevent back pain.
- Develop skills to effectively manage and prevent back pain.

# **Back Health & Safety Workshop Course**

## **Outline**

### **Hour 1:**

Introduction

Anatomy of the Spine

Risk Factors

***Practical Applications – Core Exercise: AMH Core and Balance Poster***

Causes of Injury

Signs and Symptoms of Common Injuries

***Practical Applications – Stretching: AMH Daily Stretch***

### **Hour 2:**

Safe Sitting, Standing, Lifting and Carrying

***Practical Applications – Office Ergonomic Self-Assessment and Safe Lifting Practice***

Treatments of Back Injury

***Practical Applications – Muscular Strength: AMH Strength and Conditioning Poster***

### **PROGRAM GOALS**

- Educate employees about common back injuries, signs and symptoms, and rehabilitation.
- Identify hazardous postures and situations to prevent injury.
- Learn proper body mechanics for lifting, sitting, sleeping and standing that reduce and prevent back pain.
- Develop skills to effectively manage and prevent back pain.