

CSC *Back School*

Hanford Occupational Health Services

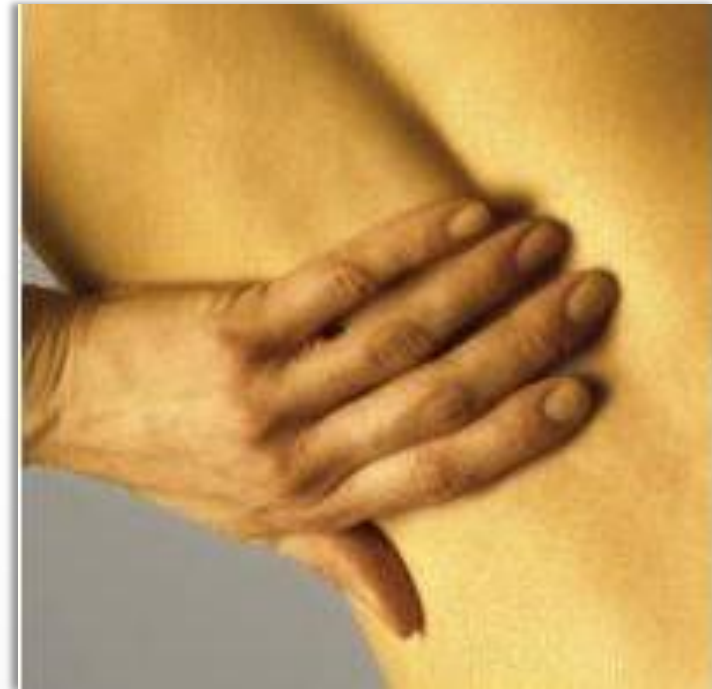


CSC HOHS Industrial Rehabilitation

Contact: Laura Eddy 376-9040

Purpose

- ◆ To focus on the management and prevention of back pain.
- ◆ Offered as a complementary service to ergonomics, safety presentations, and work conditioning.



Program Delivery – Class Setting

◆ Class schedule:

- Four weeks in length
- One 60-minute class per week
- Limited class size
 - 10(min)-20(max) participants

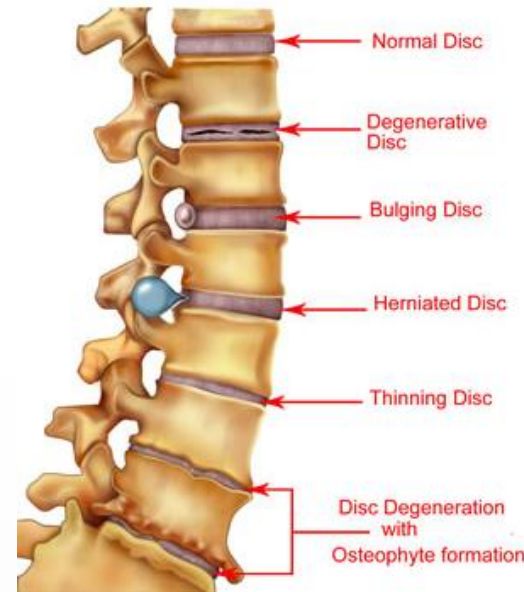
◆ Location:

- On site - based on work schedule and enrollment.
- Coordinated with management and safety POC's.

◆ Structure:

- Classroom and demonstration/practice

◆ Class will be taught by CSC HOHS Exercise Physiologists



Program Delivery – Workshop Setting

◆ Workshop schedule:

- Back Health & Safety Refresher
- One 2-hour class
- Limited class size
 - 10(min)-20(max) participants

◆ Location:

- Hammer Training Facilities
- Offered periodically through out the year, advertised through POCs and CSC HOHS “Inside Out” Newsletter

◆ Structure:

- Classroom and demonstration/practice using Hanford WorkFit Modules

◆ Class will be taught by CSC HOHS Exercise Physiologists

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Employees Enrolled Will Receive

A plan for managing back pain and/or maintaining a healthy back.

Safe Posture and Ergonomics Education

Class activities, instruction and take-home materials.

Program Goals

Educate

- Employees, Safety Reps and IH's about common back injuries, signs and symptoms, and basic rehabilitation.

Identify

- Hazardous postures and situations to prevent injury.

Learn

- Proper body mechanics for lifting, sitting and standing that reduce and prevent back pain.

Develop

- Skills to effectively manage and prevent back pain.