

Office of Risk & Safety

Safety

Training

Class

Course Name: **Back Injury Prevention**

Duration: 45 minutes

Video Included: Yes

Instructor: TBD

Course Description: The purpose of this course is to instruct Douglas County employees on proper lifting techniques and how to prevent back injuries. Topics to be discussed include:

- Weight of objects to be lifted.
- How to lift and move an object.
- Human back anatomy.
- Lift Lever Principle, grip, awkward carrying positions when lifting.
- When a hoist, hand trucks, cart or forklift are necessary.