

Online Lifting & Back Injury Prevention for General Industry

Intended Audience

This back injury prevention training course is intended for general industry employees, as well as employers and managers who are responsible for workplace safety and health in accordance with OSHA regulations. It's especially relevant for professionals working in the following sectors:

- Hospitality
- Manufacturing
- Property management
- Retail services
- Trade and transportation
- Warehousing and distribution

If you have any concerns as to whether this course is appropriate for you or your industry, please browse contact us.

Learning Objectives

Back pain is among the most common reasons for visits to the doctor. For some, this issue can develop from failing to lift heavy objects properly over time. To help all general industry workers prevent back pain and serious injuries, we offer a back injury prevention training course called Lifting and Back Injury Prevention for General Industry. This online intermediate-level course covers important information regarding best practices for lifting and moving heavy items, leading to enhanced overall safety on any job site.

With Lifting and Back Injury Prevention for General Industry, students will cover everything employees, and employers should know before moving, handling, and storing materials.

Course Topics

- An overview of back disorders and how they are avoidable with exercise, weight control, and posture
- How to prevent injury utilizing pre-lift considerations, precautions, and proper lift techniques
- Legal requirements for ensuring safety to the highest possible standard in the workplace
- Accepted safe work practices for lifting and back injury prevention, including the correct body mechanics
- How to recognize potential hazards associated with lifting objects and materials
- Standards mandated by the Occupational Safety and Health Administration (OSHA) and the National Institute for Occupational Safety and Health (NIOSH)
- Where to find additional resources on back care, lifting, and general ergonomics

Elk Environmental Services is partnered with ClickSafety to offer our clients quality online training.

