



Course Syllabus – Safety Education Training Associates, LLC

Subject Category: Back safety **Course Prerequisite:** No

Course Length: 1.5 hours **Medical Approval:** No

Delivery Mode: Lecture 1 Hours Practicum 0.5 hours

Schedule: At request

Location: At request *Dress casual for skill practice

Prepared by: James Weber, SETA QA / CQI coordinator

Course Purpose: This course prepares students to take appropriate action in the workplace and beyond in regards to back safety.

Course Objectives:

- Provide information on the anatomy of the back.
- Provide information on the mechanics of proper lifting and moving
- Prepare the student with a background of information on the proper mechanics of lifting and moving materials.
- Prepare the student with sufficient information and practice to be able to lift and move objects with minimal body strain.

Course Instructional Materials:

- Handouts
- Power Point presentation with projector
- 1lb, 5lb, and 25lb weights

Instructors:

SETA back safety instructor, with student to instructor ratio not to exceed 8:1

Course Handouts: PowerPoint overview packet and other pertinent instructor created handouts

Participation Evaluation: Written evaluations from students regarding the effectiveness of the trainer, the training and the visual aids.

Written Exam: No

Practical Exam: Yes with participation only as requirement to pass course

Retraining/Recertification: None