

# Prevention of Back Injury



**SAFETY<sup>™</sup>  
ACTION**

**AXIOM  
TRAINING**

Understand how the body functions and how to use the correct techniques to prevent back injury in the workplace.



#### **Capacity**

12 attendees



#### **Duration**

Half Day (4 Hours)



#### **Locations**

At our local training centre  
At your own site or workplace

## **Overview**

This course will help you understand the harmful and physical demands placed on our bodies and give you the tools to support your long term physical performance. Learn to apply effective lifting and moving techniques that will relate directly to your work activities and gain awareness and knowledge for combating back and musculoskeletal injuries.

## **Course Content**

- ✓ Describe the structure and function of the spine
- ✓ Identify risk factors associated with occupational back injury and techniques that reduce the risk of back injury
- ✓ Identify work place control measures to reduce the risk of back injury
- ✓ Identify back care techniques

## **Unit Standards**

**UNIT 17592** Identify the causes of back injury and methods to prevent back injuries in the workplace.

**Book your training today**

**0800 222 388**

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