



# BACK SAFETY

## 2-Hour Training Course

**Target Audience:** This course is designed specifically for DOT District employees, municipal public works, streets/roads, parks, water utility and/or other city or county employees whose scope of work may involve lifting, repetitive motion, vibration, or awkward postures.

**Supervisors and Trainers:** Also recommended for division supervisors, agency safety officers, department safety coordinators, and field supervisors.

**Additional applications would be** as an orientation for new employees and a good refresher for experienced employees.

With classroom discussions, video demonstrations, and hands-on training, participants will review:

- Common causes of back injuries in the workplace
- Back injury prevention methods to stay safe in the workplace
- Principles of safe handling
- Proper lifting techniques
- Exercises to safeguard strength and flexibility

Students will receive a Training Certificate!



**For more information or to inquire about upcoming training dates:**

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