



Module: Back Injury Prevention

Purpose

To give individuals in the workplace the knowledge necessary to identify and reduce the risk of back injury.

Prerequisites

None

Learning Objectives

- Explain the anatomy of the back and the causes of back pain;
- Explain how to identify and reduce risk factors for back injury;
- Demonstrate or describe how to perform simple exercises for stretching and strengthening neck and back muscles to help prevent back injury; and
- Explain how to change personal habits to avoid back injury.

Length

Approximately 1 hour

Instructor

Currently authorized American Red Cross Health and Safety Services instructor or an Injury Control Module leader.

Certification Requirement

Attend and participate in all module activities, discussions and complete the self-assessment.

Certificate Issued and Validity Period

Back Injury Prevention – None

Participant Products/Materials

American Red Cross Workplace Training: Back Injury Prevention Booklet (StayWell Stock No. 656608)