

# LIFTING AND BACK SAFETY

This 2-hour program highlights proper lifting and placement practices. Back injuries account for a significant number of accidents in industry today. Because of the potential high cost in treating back injuries this training is very important not only improving loss claims but worker productivity and morale.

## **COURSE OUTLINE**

1. Back facts
2. Anatomy of the spine
3. Causes of back pain
4. Safe work procedures in manual lifting
5. Back strengthening exercises
6. Back safety at work and home
7. Written exam

**Time:** 1 hrs

# LOCKOUT TAGOUT

This 2-hour program is for all personnel with a potential for working with any energized equipment. Personnel with this exposure must be trained in proper lockout tagout procedures as required under OSHA 29 CFR 1910.147. Energy sources could include electrical, hydraulic, mechanical, pneumatic powered equipment.

## **COURSE OUTLINE**

1. Regulatory Requirements
2. Lockout / Tagout Procedures
3. Isolating Electrical Installations
4. Tag and Blockout
5. Lockout Program Requirements
6. Written Exam

**Times:** 2 hrs