



TRAINING SUMMARY

RSMac Consulting Inc.
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<u>COURSE NAME</u>	PREVENTING BACK INJURIES & MSD/MSI	<u>LENGTH</u>	60 mins		
<u>COST</u>	\$49.99	<u>LANGUAGE</u>	English	<u>VOICEOVER</u>	Yes

DESCRIPTION

Every time you bend over, lift a heavy object, or sit leaning forward, you put stress on the components of your back and spine. Over time, they can start to wear out and become damaged. Acute or immediate injuries to the back can be caused by tearing or straining ligaments and muscles.

The best way to prevent back injuries is to develop habits that reduce the strain placed on the back. This course will review proper lifting techniques, ergonomics, types of musculoskeletal disorders, ergonomic hazards, assessing the workplace, and types of controls.

ASSESSMENT

Testing conducted throughout this course is designed to reinforce the information presented. A mark of 80% must be achieved in order to receive a certificate of completion. Participants are able to repeat the course if the pass mark is not achieved. Upon successful completion of this online course, a certificate of completions will be available for download and printing.

Discounted pricing starts at 3 or more courses. Pricing available for individuals or companies. Contact RSMac Consulting Inc's Learning Centre team directly at training@rsmac.ca for a quote on volume discounts and discuss our Learning Management System for companies.