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# Course Syllabus:

## A-SAF-051 Back Safety

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### Overview

Back injuries, particularly acute disabling injuries, account for significant loss in workplace productivity and costs associated with workers compensation claims. The National Institute of Occupational Safety and Health estimates that back injuries may affect some 600,000 people and cost more than \$50 billion per year.

### Goals

The objectives of this course are to:

- Identify some of the factors associated with back disorders and describe some of the signs and symptoms.
- Describe some of the contributing factors that may lead to back injury
- Outline general principles of ergonomics; and
- Describe engineering controls and safe work practices and lifting techniques

### Lesson Topics

#### Module 1 – Introduction

- Course Objectives
- WBT Library
- Glossary
- Learning Assessment & Final Exam
- Additional Information

#### Module 2 – Back Disorders

- Contributing Factors
- Back Pain
- Back Injuries
- Muscles
- Muscle Groups
- Discs and Nerves
- Ligaments and Joints

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### Materials

Computer (PC, laptop)  
Internet Connection: High Speed

### Requirements

You should print and maintain a copy of this course syllabus and overview on file at your facility. It is recommended that you provide a copy of this document in the event of a regulatory agency (e.g., OSHA) inspection.

### Evaluation

Upon completion of the course of instruction, a comprehensive examination will be offered. In order to earn a Certificate of Completion, you must receive at least 80% on the exam. The exam is comprised of at least 10 questions, randomly selected from a database of questions and address each of the lesson topics covered in the course.

## Lesson Topics – cont'd

### Module 2 – Back Disorders- cont'd

- Other Causes
- Summary

### Module 3 – Stretching and Strengthening

- Stretching
- Reduce Injuries
- Improve Performance
- Daily Stretches
- Knees to Chest
- Low Back Stretch
- Alternate Low Back Stretches
- Low Back Stretch and Strengthen
- Full Back Stretch
- Alternate Upper Back Stretch
- Hamstring Stretch
- Sit Back
- Side Leg Shift
- Pelvic Tilt
- Summary

### Module 4- Safe Work Practices

- Awkward Posture
- Reduce Awkward Postures
- Good Seated Posture
- Good Standing Posture
- Good Lying Posture
- Overexertion
- Preventing Overexertion
- Fatigue
- Repetition
- Avoiding Repetitive Motion Injuries
- Other Work Practices
- Health & Lifestyle
- Safe Lifting Techniques
- Lifting Analysis
- Safe Work Practices
- Material Handling Devices
- Life Assist Devices
- Summary

### Conclusion

- Certification Test Code
- Final Exam Prep