



RENEW SAFETY

POWER PRODUCTION - CONSTRUCTION - INDUSTRIAL

Back Injury Prevention & Ergonomics

Participants learn how ergonomic principles help reduce the risk of back injuries during lifting, material handling, and repetitive workplace tasks. Training focuses on recognizing risk factors, applying proper body mechanics, and using safe work practices to prevent musculoskeletal injuries.



WWW.RENEWSAFETY.COM

OUR COURSE OVERVIEW

This course provides practical training on back injury prevention and ergonomic safety in workplaces where lifting, carrying, pushing, pulling, and repetitive movements are common.

Participants learn how to recognize ergonomic hazards that contribute to back injuries, including improper lifting techniques, awkward body positions, and repetitive physical strain during daily tasks.

Safety training is most effective when workers understand both the physical risks and the safe techniques used to control them. This course combines ergonomic awareness with practical guidance to help organizations reduce injury risks and improve workplace safety.

The course explains how proper body mechanics, safe lifting techniques, and ergonomic adjustments can significantly reduce strain on the back and other muscles during routine work activities.

Through practical instruction and workplace examples, participants gain the knowledge needed to apply ergonomic principles that help prevent injuries, reduce fatigue, and support safer job performance.



KEY LEARNING OBJECTIVES

What You Will Learn

- Understand basic ergonomic principles and how they apply to workplace tasks.
- Identify risk factors that contribute to back injuries and musculoskeletal disorders.
- Apply proper lifting, carrying, pushing, and pulling techniques.
- Recognize awkward postures and repetitive motions that increase injury risk.
- Follow safe material handling practices during daily work activities.
- Understand the importance of early reporting of discomfort or strain.
- Apply ergonomic awareness to reduce physical stress during job tasks.

Together, these key learning objectives help participants understand common causes of back injuries and the workplace practices that reduce strain and support safer job performance.



Ergonomic Hazard Awareness

Participants learn how physical stressors such as repetitive movements, heavy lifting, awkward body positions, and forceful exertion can lead to musculoskeletal injuries. Training focuses on recognizing these ergonomic risk factors and understanding how they affect the body during everyday work activities.

Safe Lifting and Body Mechanics

The course explains how proper lifting techniques, posture control, and body positioning help reduce strain on the back and muscles. Participants learn how correct movement techniques, planning lifts, and using mechanical aids help prevent injuries during material handling tasks.

COURSE DETAILS

Prerequisites

No prior ergonomic training is required for this course, although basic knowledge of workplace safety and manual material handling tasks is recommended. Participants should be familiar with general work activities involving lifting, carrying, or repetitive motion.

Certification

Upon successful completion, participants receive a certificate demonstrating training in back injury prevention, ergonomic awareness, and safe material handling practices.

Compliance

This course supports OSHA ergonomic safety guidance and workplace injury prevention practices by covering key elements such as ergonomic hazard recognition, proper lifting techniques, safe body mechanics, and injury prevention awareness.

Target Audience

This course is intended for all construction workers, warehouse personnel, maintenance staff, technicians, and other employees whose work involves lifting, repetitive motion, or physical material handling tasks.



Course Code:	N/A
Format:	N/A
Duration:	N/A

WHY TAKE THIS COURSE?

The Importance of Ergonomic Safety Training

- Reduce the risk of back injuries by learning proper lifting techniques and ergonomic work practices used during daily job tasks.
- Improve awareness of workplace risk factors such as repetitive motion, heavy lifting, and awkward body positions.
- Support safer work environments by applying ergonomic principles that help workers handle materials and perform tasks with less strain.

Back injury prevention training helps workers understand how improper lifting, repetitive motion, and poor body positioning can lead to serious injuries. By applying ergonomic principles and safe lifting techniques, employees can reduce strain on the body and perform physical tasks more safely while protecting themselves and their coworkers.

Preparing Workers for Safe Material Handling

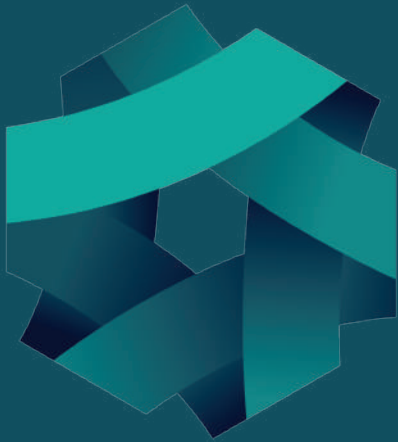
This course provides practical training that helps workers understand ergonomic risk factors and safe lifting practices during daily job tasks. Participants learn how to apply proper body mechanics and safe material handling techniques while performing physically demanding work activities.

Training improves preparedness by ensuring workers understand proper lifting methods, posture control, and techniques used to reduce strain on the back.

Supporting Safety Compliance

This course supports OSHA workplace safety guidance by covering ergonomic hazard awareness, safe lifting techniques, and injury prevention practices used to reduce musculoskeletal disorders and back injuries in the workplace.





RENEW SAFETY

POWER PRODUCTION - CONSTRUCTION - INDUSTRIAL



info@renewsafety.com



(503) 849 2237

Contact us to learn more about
course availability, group training,
and customized fall rescue instruction.

WWW.RENEWSAFETY.COM

