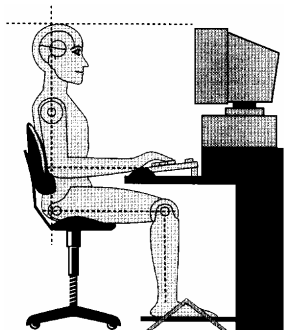


**Target Audience:** Employees exposed to repetitive motions during course of their work

**Learning Objectives:** Understand how to prevent discomfort and muscular skeletal disorders, properly arrange their workstation(s)



**Topics:**

1. **Injury Incidence Statistics**
2. **Evaluation of Specific Job Tasks**
3. **Risk factors and Ergonomic Interventions**
4. **Overview of Human Anatomy and Spine**
5. **Prevention- Exercises**
6. **Proper Body Postures and Positioning**

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# *Back Safety*

**Target Audience:** Employees who lift, stack, or move materials

**Learning Objectives:** Understand the anatomy of the spine, proper use and limitations of the back

**Topics:**

1. **Definitions** (RMI, chronic vs. acute injuries)
2. **Spinal Anatomy** (vertebrae, disc, spinal column, cord, nerves)
3. **Common Back Injury Mechanisms** (biomechanics, risks, genetic predispositions)
4. **Specific Injuries** (lumbar strain, herniated disc)
5. **Injury Prevention**      *BALANCE \*\* FLEXIBILITY \*\* SYMMETRY \*\* STRENGTH \*\* BIOMECHANIC*

**INSTRUCTOR:** Dr. Tiltmann, Du-All Safety, LLC

**LOCATION:** Saratoga **Council Chambers**

**DATE & TIME:** November 6, 10:00 AM