



Back Injury Prevention

According to the Bureau of Labor Statistics, the back was the body part most frequently affected in injuries involving days away from work in 1999, accounting for about a quarter of the total 1,702,470 injuries in private industry.

Program Includes:

- Video or DVD
- Administrative Materials
- Software Templates
- PowerPoint Presentation
- 5 Employee Handbooks

Video Length: 14 minutes

- Closed Captioned
- Available in Spanish

Blueprints for Safety
www.utahsafetycouncil.org

PROGRAM OVERVIEW:

Help your employees avoid becoming another statistic with our newly-revised back injury prevention program: Elements of Back Care. This program provides specific information about proper back care and injury prevention. The program also provides examples of realistic situations to teach employees healthy body mechanics and movement.

YOUR EMPLOYEES WILL LEARN:

- The Basic Function and Design of the Back
- Body Mechanics and Movement
- Various Stretches and Exercises
- The Importance of Periodic Stretching Throughout the Day

PROGRAM CONTENTS:

- Step-by-step Instructions for How to Develop Your Back Injury Prevention Program
- Written Program Template
- Elements of Back Care Written Program
- Recordkeeping Forms:

Back Injury Cost Assessment Worksheet
Workplace Inspection Checklist
Physical Capacities Evaluation
Job Modification Report
Back Injury Prevention Training Record