



Back and Lifting Safety

-Course Summary-

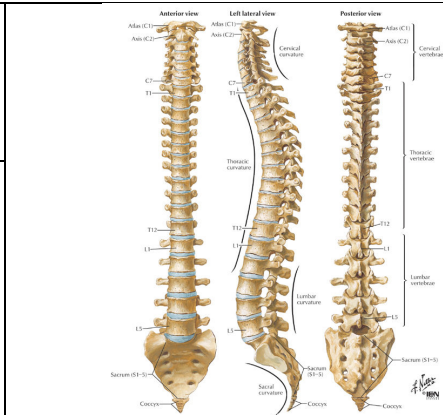
Length of Course: 1 hour

Course Objectives:

- This interactive session provides participants with the knowledge and tools they need to reduce the risk of back injuries while lifting and handling materials.

Topics include:

- Importance of this topic
- Basic anatomy
- Causes of back pain
- Causes of back injury
- Hazard control techniques
- Proper lifting practices



Target Audience:

- Managers
- Supervisors
- All industries
- Employees

Delivery Options Available:

- | | |
|--------------|---|
| 1. On-site | • This class can be offered at your site with a minimum of 10 participants. We will work with you to customize and deliver the program for your specific audience. Additional travel charges may apply. |
| 2. Classroom | • This class will be offered occasionally on our "open class schedule". Refer to the Safety Links training calendar at www.safetylinks.net/training.php for upcoming classes. |
| 3. Online | • This class will be offered via our online training portal at www.safetylinks.biz |

Please note: Onsite and classroom sessions are delivered in English. Spanish training may be available upon request.

Pricing:

\$25 per participant (Safety Partner™)
 \$50 per participant (Non-Partner)

* Multiple participant savings available to Platinum Safety Partners only.

Multiple participant savings * (Total Seats)	Discount
5-9 per class	5%
10-24 per class	10%
25-49 per class	15%
50-75 per class	20%

Registration:

- To register for a scheduled course visit <http://www.safetylinks.net/training.php> and click on the enroll icon.
- Then either complete the registration online with Visa, MasterCard, American Express or Discover Card or....
- Complete the registration form then fax, email or mail it. Follow these instructions:
 - Step 1) After you click on the enroll icon download the "Training Registration Form" (Available as PDF or MS Word)
 - Step 2) Fax the completed form to 1-800-768-7036 (no cover page required)
 -or Email the completed form to info@safetylinks.net
 -or Mail the completed form to: Safety Links- PO Box 933 Gotha FL, 34734
 - Step 3) You will receive a confirmation by email or mail as soon as we receive payment.

For more information on this course or to speak to your Safety Coach about customization or on-site instruction contact:

Safety Links Inc - P.O. Box 933 Gotha - Florida - 34734

Phone/ Fax # 1-800-768-7036 - info@safetylinks.net - www.safetylinks.net