

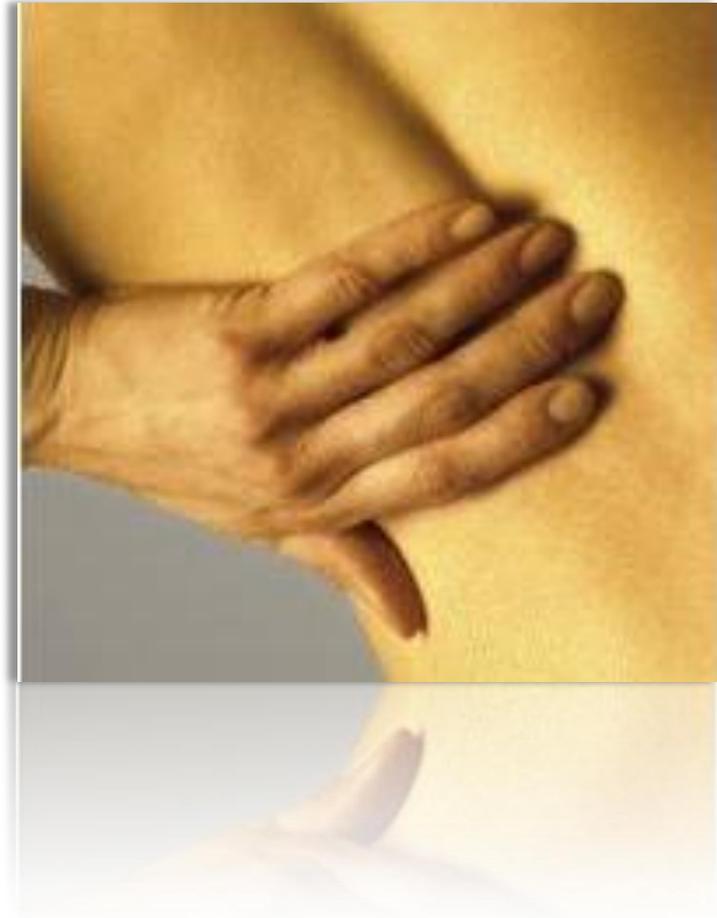
*Back School and  
Back Health &  
Safety Workshop  
Program  
Information*



**Occupational Health & Wellness**  
**Contact: Laura Carpino 376-9040**

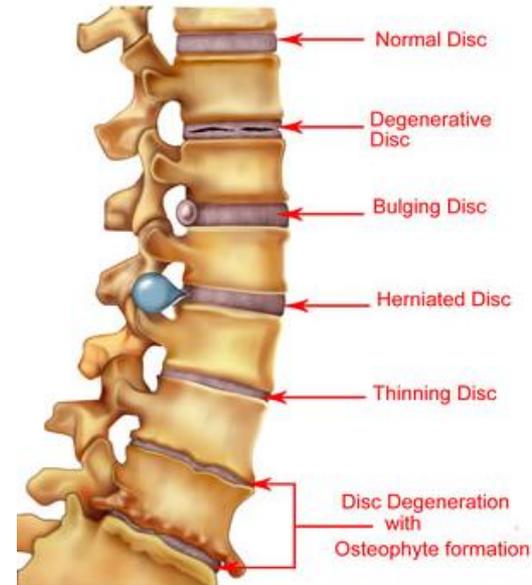
# Purpose

- To focus on the management and prevention of back pain.
- Offered as a complementary service to ergonomics, safety presentations, and work conditioning.



# Program Delivery – Class Setting

- Class schedule:
  - Four weeks in length
  - One 60-minute class per week
  - Limited class size
    - 10(min)-20(max) participants
- Location:
  - On site - based on work schedule and enrollment.
  - Coordinated with management and safety POC's.
- Structure:
  - Classroom and demonstration/practice
- Class will be taught by our Clinical Exercise Physiologists



# Program Delivery – Workshop Setting

- Workshop schedule:
  - Back Health & Safety Refresher
  - One 2-hour class
  - Limited class size
    - 10(min)-20(max) participants
- Location:
  - Hammer Training Facilities or On-Site
  - Offered periodically through out the year, advertised through POCs and “Inside Out” Newsletter
- Structure:
  - Classroom and demonstration/practice using Hanford WorkFit Modules
- Class will be taught by Clinical Exercise Physiologists

# Participants Will Receive:

A plan for managing back pain and/or maintaining a healthy back.

Safe Posture and Ergonomics Education

Class activities, instruction and take-home materials.

# Program Goals

Educate

- Employees, Safety Reps and IH's about common back injuries, signs and symptoms, and basic rehabilitation.

Identify

- Hazardous postures and situations to prevent injury.

Learn

- Proper body mechanics for lifting, sitting and standing that reduce and prevent back pain.

Develop

- Skills to effectively manage and prevent back pain.