

BACK SAFETY AWARENESS



Overview

This course is designed to suit staff in any sector and ensures that they gain a better understanding of back pain; both how to deal with it, and how to avoid it. Delegates will learn of both the causes and symptoms of back pain to prevent it from occurring as well as treatment methods used to minimise and nullify pain.

Outline of Programme

- Causes of back pain, including bad posture, lifting or bending.
- Dealing with back pain and speeding up recovery.
- Suitable equipment to prevent back pain, including adjustable seats.
- Symptoms of back pain.
- Types of back pain, including whiplash, slipped disc, etc.
- Treatment of back pain when it doesn't go away, including classes, acupuncture, therapy and spinal surgery if necessary.

Assessment

The back-awareness course runs for 3 hours and delegates will be expected to engage in several group activities. Our experienced trainers will guide delegates through these sessions and a certificate will be awarded upon completion.

Cost

Our courses are competitively priced, and we aim to beat any equivalent training quote.

Important Information

- The training venue should be quiet and undisturbed.
- Staff should not be expected to be on duty.

- Staff attending should remain for the entire length of the session.
- Flexible dates available.
- Call to book a day that suits you.