



COMPUTER TRAINING SYSTEMS

Your Co-Pilot in Aviation Training

INDIVIDUAL COURSES TRAINING SERIES

Back Injury Prevention



FIXED/ROTOR WING



IPAD COMPATIBLE



APPROX 0.5 HRS

Back Injury Prevention presents information on common types of injuries and their contributing factors. It demonstrates the proper techniques for lifting and moving heavy objects and how to adjust workstations for better ergonomics to reduce bending, twisting, and stretching.

Fulfills OSHA training requirements for reducing workplace injury.

TUTORIALS

Back Injury Prevention

1. Introduction

2. Causes(3)

3. Prevention(8)

LESSONS

▶ Comprehensive examination covers subject matter from all lessons

Back Injury Prevention

1. Back Injury Prevention 1

2. Back Injury Prevention 2