



## **Certified Back Injury & Muscle Prevention Technician Course**

**Course Length: 1 Day CEU's 0.6**

**Course Fees: \$295.00**

**Course Credential: Certified Back Injury & Muscle Prevention Technician (CBMPT)**

**Note: Refresher certification is required every three years to maintain professional credential.)**

### **Course Description:**

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### **Program Objective**

The goal of this program is to increase the awareness of the importance of practicing proper lifting techniques on a daily basis. Most back injuries are caused by chronic exposure...that means we need to correct bad habits before they cause injury!

Course will explain safe lifting techniques and ways to prevent back strains and injuries. The result will be more awareness of how to lift, sit, stand, and otherwise reduce the potential for back injury and greater use of correct techniques and postures.

By the Endo of this course, students will know how to:

- Understand techniques that can be used to maintain a healthy back
- How to size up loads and properly judge your limits
- Learn how the back works and how to keep it healthy and strong

- Understand the extreme forces placed on the back when lifting incorrectly
- Common pitfalls of everyday activities, at work and at home
- What you can do to prevent an injury

### **Who should attend?**

This course will be valuable for:

- Safety Professionals,
- Safety & Health Committee Members
- Industrial Hygienist
- Environmental Professionals
- Managers & Supervisors,
- Healthcare Workers
- Material Handling Workers
- Laundry Workers
- Others workers with duties that require them to do lifting and bending.

### **Testing:**

Students completing the course must take a proctored final exam. A score of 80% on the final exam is necessary to receive your personalized certificate of completion. The student gets three (3) attempts to pass the course.

