

# BACKSAFE 1

Helps you reduce the pain, suffering and cost of manual handling injuries in the workplace



Musculoskeletal disorders (MSD) account for more than 60% of all workplace physical injuries. Backsafe 1 is a high impact 100-120 minute customised **face to face** manual handling course, which effectively combats this epidemic through edutainment. The results are increased worker engagement in safety, decreased risk profile, and decreased worker's compensation expenditure. MSD incident occurrences typically drop by over 90% following Backsafe 1 participation.

**Backsafe 1 is delivered at your work site and is comprised of the following elements;**

- Spinal anatomy and function educating each participant on MSD causes
- Sprain and strain prevention through Warm up and Stretching
- Relative Legislation
- Manual handling best practice
- Practical, correct lifting exercises tailored to the workplace
- Correct Posture when sitting, standing, sleeping, and task specific
- Hierarchy of control and Task Ergonomics Review to eliminate / mitigate MSD's
- Breaking hazardous **manual handling** habits at work and home



25 Years of Success

Custom delivery at your site

National Coverage



**BACKSAFE**

[www.backsafe.com.au](http://www.backsafe.com.au)

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