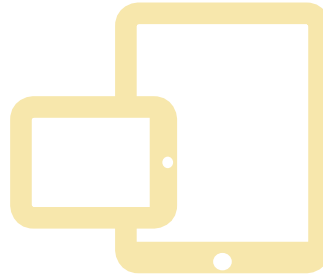


# CIRMA E-Learning Center

## Back Injury Prevention Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

### Back Injury Prevention Online Training Course Description

According to the Bureau of Labor Statistics, musculoskeletal disorders account for 33% of all workplace injuries and illnesses requiring time off from work, and the number continues to steadily increase each year. Organizations and employers feel the financial burden when they must compensate their employees with both money and time off. Employees who learn about the causes of back injuries help prevent the risk of injuring themselves both in the workplace and at home.

This one-hour course will better inform you about back injuries and how to prevent them in order to create a comfortable working environment for you both at work and at home.

**Time:** One hour [Preview the Back Injury Prevention online training program here.](#)

#### Learning Objectives:

At the end of training, you will gain a better understanding of:

- How back injuries occur.
- How to prevent back injuries.
- How to use proper techniques.

#### Key Topics Include:

- Causes
- Injury Prevention
- Exercises
- Lifting Techniques
- Treatment

*To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —*

[www.CIRMATraining.org](http://www.CIRMATraining.org)

To register for this course, please contact your organization's E-Learning Administrator.

