



JSA-2.0 **[Back Injury Prevention](#)**

Series/Catalog: General Industry Series

Linear Duration/min: 00:13:00 Origin Date: 01/08
Interactivity: Level II Last Update: 09/08
Supervising SME: Trent McElroy

Course Description: Upon completion of this learning event, the learner will demonstrate knowledge of the major causes of workplace back injuries and how to prevent them. Employees will learn about hazards and the three major types of hazard controls. This course provides information to aid the employer in meeting OSHA Standard 1910.900. The employer may also be interested in [Industrial Ergonomics](#), or [Office Ergonomics](#) courses.

Relevant Standards: OSHA 29 CFR 1910.900 – Ergonomics Program

Complexity/Difficulty: Level I (very easy)

Target Audience: This course is intended for general-industry employees who, during their regular work duties, are required to lift and carry materials.

Prerequisites: None

Competencies

To successfully complete this course, the Learner will demonstrate the ability to:

JSA-2.1.0	Introduction and objectives	0:01:03
JSA-2.2.0	Recall back injury hazard engineering controls	0:02:24
JSA-2.3.0	Recall back injury hazard administrative controls	0:03:01
JSA-2.4.0	Recall back injury hazard personal protective equipment	0:01:11

References: Center to protect workers’ rights – back injuries hazard alert
 NIOSH – Back belts: Do they prevent injury? NIOSH pub. No. 94-127