



**SSS 6.0 Supermarket Safety: Safe Lifting Basics**

Series/Catalog: Supermarket Safety Series

Linear Duration/min: 00:13:56      Origin Date: 10/09  
Interactivity: Level II      Last Update: 10/09  
Supervising SME: Trey Greene

Course Description: Upon completion, the learner will display the ability to recognize common lifting hazards and their recommended safe work practices.

Relevant Standards: 29 CFR 1910.176

Complexity/Difficulty: Level I (very easy)

Target Audience: This course is designed for all supermarket workers.

Prerequisites: None

**Competency Statement**

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

SSS 6.1.0	Recognize the course’s objectives	02:27
SSS 6.2.0	Identify the causes and consequences of work-related back injuries	01:37
SSS 6.3.0	Identify recommended proper lifting techniques	04:52

References: 29 CFR 1910.176