

# MEMIC Center for Workplace Safety



## Back Injury Prevention



October 25

8:00am - 12:00pm

Edmunds Conference Center

**\$99 includes materials!**

**To register by phone or email:**

(207) 768-2849 or email [bhummel@nmcc.edu](mailto:bhummel@nmcc.edu)

**To register in person:**

Continuing Education Division, 33 Edgemont Drive, Presque Isle

More than 70 percent of all lost-time back injuries are associated with manual material handling. In addition, 8 of every 10 people will suffer back pain requiring medical attention at some point in their life, and billions of dollars are spent each year on low back pain. MEMIC has developed a comprehensive program that will help your workplace establish a safe manual material handling process.

At the end of this training program, the student will be able to:

- List the three main functions of the spine.
- Describe the primary function of the vertebrae, discs, and muscles in the back.
- List six specific risk factors associated with occupational lower back pain.
- Conduct a workplace assessment of a two-handed manual material handling task using the NIOSH Lifting Equation.
- Recommend a corrective action to design a lift whose lifting index does not exceed 1.0.

CEUs: 0.3

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More information about available courses can be found at

[www.cmcc.edu/MEMICcenter.asp](http://www.cmcc.edu/MEMICcenter.asp)