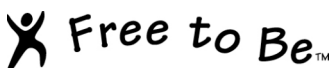




programs of



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Back in Control™

Workshop Overview

Back pain is the #1 problem facing the workforce in North America today. It is estimated that 80% of the population will experience back pain, and for some, this is a life changing occurrence.

The **Back in Control™** ergonomic workshop trains participants in how to prevent these back injuries by understanding the workplace risk factors and their own body movements.

This experiential program develops problem solving, encourages critical thinking and improves personal responsibility for safety.

Back in Control™ will assist your organization to comply with the (WCB) Worker's Compensation Board Ergonomics MSI Requirements of the Occupational Health & Safety Regulations.

Best suited for workers whose duties require:

- moving and transferring people or objects
- long periods of standing, bending or sitting
- repetitive tasks

Workshop Length: 4-5 hours

Support Material: **Back in Control™** Participant Workbook

Participants will learn:

- Causes and prevention of Musculo-Skeletal Injury (MSI)
- The "**7 Steps to Effective Body Moves**"
- Identification and assessment of ergonomic risk factors in the workplace
- Solutions and problem solving for injury prevention
- Exercises to promote back health

Workshop Flexibility:

Back in Control™ is easily tailored to meet participants' specific needs. For example, the session addresses the actual work situations that employees encounter, whether they work in hospitals, business, industries, schools or other organizations.

*This ergonomic **Back in Control™** workshop is the foundation injury prevention program of **Free to Be™**. A recommended follow-up program is **No-Lift Moves & Transfers™**. Contact us for information for combining these programs to meet your specific needs.*