Training
Lesson Plan
Back Safety

Description

Introduction to Back Safety for food service employees. Topics include good posture, safe material handling techniques, and healthy habits.

By the end of this class participants will be able to:

1. Cite safe material handling techniques
2. Ask for assistance, when necessary, with material handling
3. Identify proper posture and means to maintain a healthy back

Duration: 15 minutes

Materials

- (one for each participant)
- Back Safety Assessment

Procedure

1. Circulate roster among all participants (1 minute)

2. Distribute copies of the “Back Safety” handouts to group (1 minute)

3. Review the content from each topic on handout (8 minutes)
   a. Proper Posture (emphasize maintaining the curves)
   b. The Art of Standing (identify the 4 items)
   c. Lifting (Discuss “rules” of lifting)
   d. Pushing, pulling and carrying
   e. Lifting Assistance (especially when to seek assistance)
   f. Healthy Habits (especially participation in a regular exercise program)

4. Assess the participant’s comprehension using the “Test” section in the Back Safety Assessment. (5 minutes)