



# Chesapeake Region Safety Council

## Back Safety Train the Trainer Workshop

### Chesapeake Region Safety Council

2555 Lord Baltimore Drive, Baltimore, MD 21244

1-800-875-4770 8:30am-12:00pm

**1 in 5  
workplace  
injuries  
every year**

Back injuries account for 1 in 5 workplace injuries every year. Beat those odds and reduce absenteeism with our Back Safety Train-the-Trainer workshop! Get a new DVD program and the training to implement it. J.J. Keller's Back Safety: A Users Guide includes a program DVD, an instructor's guide, 11 employee handbooks, and an awareness poster for your facility.

#### Program Topics Include:

- Proper lifting procedures, workplace scenarios, and how lifestyle choices and everyday activities can contribute to back problems
- Innovative safety training approach called the "Whole Life/Health Cycle" to help employees build good habits

#### Your employees will learn:

- The surprising truth about the most "back-breaking" jobs
- Everyday behaviors that can lead to nagging back injuries and problems
- How movement and posture affect back health
- Simple stretches and exercises to help preserve back health on the job and off



**Non-Members:** \$395 (includes full Train the Trainer Program)

#### Course Price:

**Members:** \$345 additional employees \$75

#### Registration Form- Please FILL OUT the Course Info Below:

Class Name: \_\_\_\_\_ Class Date: (month/day/yr) \_\_\_\_/\_\_\_\_/\_\_\_\_ Location: (city, state) \_\_\_\_\_, \_\_\_\_\_

Student Name(s): \_\_\_\_\_

Company: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax #: \_\_\_\_\_

#4344

Indicate Payment Method: (please check) **Are you a CRSC/NSC Member?** Yes  or No  if Yes provide member # \_\_\_\_\_

Check Enclosed  Please Invoice  Visa  Mastercard  American Express  Discover

Card # \_\_\_\_\_ CID # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

#### You can mail this form to:

Chesapeake Region Safety Council - 2555 Lord Baltimore Drive, Suite N-R, Baltimore, MD 21244

**Call to register:** 1-800-875-4770

**Register online:** [www.chesapeakeesc.org](http://www.chesapeakeesc.org)