



Chesapeake Region Safety Council



Back Safety Train the Trainer Workshop

When:
October 3, 2019
April 2, 2020

Location:
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**

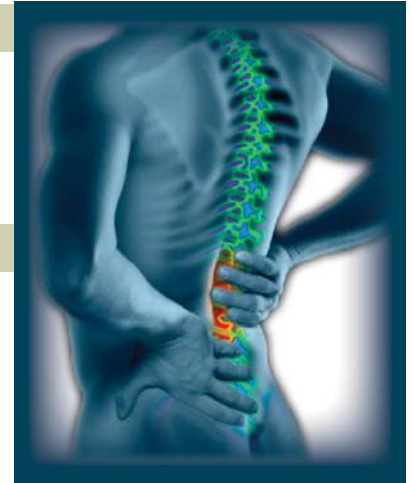
Back injuries account for 1 in 5 workplace injuries every year. Beat those odds and reduce absenteeism with our Back Safety Train-the-Trainer workshop! Get a new DVD program and the training to implement it. J.J. Keller's Back Safety: A Users Guide includes a program DVD, an instructor's guide, 11 employee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



Course Price: **Non-Members:** \$395 (includes full Train the Trainer Program) *additional employees from the same company \$95 (includes Instructor Guide only)*
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 #: _____

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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 **Fax:** 410-281-1350 **Register online** at www.chesapeakeesc.org
Make checks payable to: Chesapeake Region Safety Council