

## **Backsafe® 2-Hour Training Agenda**

### **Introduction and Theory Module – 10 minutes**

Employees come to understand the personal benefits of the program and become motivated to learn how they can avert painful and potentially life altering injuries. They learn the principles of how to properly use their bodies while at work and at home.

### **Stretching - Backsafe 3-minute workout – 25 minutes**

Each employee is taught how to perform a non-strenuous stretching routine. These stretches are critical in helping the employees to be able to control their own physical comfort.

### **Transition to the Obstacle Course – 15 minutes**

Employees are taught the 3 major rules of lifting (Backsafe® Code of Conduct). FIT Trainer demonstrates and class performs basic lifts using the 3 rules with FIT Trainer observing and correcting

### **Obstacle Course Demonstration and Participation - 65 minutes**

Class is broken out into teams to help each other through the obstacle course. This is the main focus of the program and is where bad habits are broken and replaced with healthier ones. Theory concepts are practiced in the real life situations as discovered during the pre-assessment.

### **Questions & Answers, Closing – 5 minutes**

Class will have an opportunity to clarify the information they have just learned. Course Evaluations are completed to ensure attendees experience the full benefit of the program. Employees review what they learned and commit to start using this information daily. Feedback forms are completed and the class closed.