



CSA Computer Lab Safety Training

BACK SAFETY SAF

SAF Back Safety is a computer-based course that provides training on:

- The anatomy of the back
- Causes of back pain
- Lifting safely
- How to properly carry and place a load
- Alternatives to lifting
- How to maintain a healthy back.

Course Fee

CSA Member: \$32

Alliance Member: \$32

Non-Member: \$42

Course Length: 1 Hour

Course Expiration: 3 years from course date

Passing Score Required: 70

Schedule your appointment at www.coloradosafety.org ▶▶▶