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