Back Safety- The Basics – (11 min) Spanish

Back injuries caused by improper lifting are the most common disabling injuries in the workplace. A person can injure their back in virtually any type of occupation, often to the point they can no longer work in their chosen field, along with having a devastating impact on their overall quality of life. Many of the causes of back injury can be prevented by teaching employees how the back operates and the basics of proper lifting techniques. This video does just that. Great for new or experienced employees.