



BACK INJURY PREVENTION

June 9, 2017 | 12:10 – 12:55pm

June 16, 2017 | 2:00 – 3:00 pm

LOCATION:

SFHSS Wellness Center
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643

NO RSVP REQUIRED.

**WITH SUPERVISOR APPROVAL,
EMPLOYEES CAN USE WORK
TIME TO ATTEND THIS TRAINING**

**PRESENTED BY: Nancy Terranova, Department of
Public Health**

This 60-minute DPH Back Injury Prevention training class will teach you to recognize injury risk factors, how to protect your upper extremities and safe lifting techniques.

Course content is appropriate for workers interested in learning general body mechanics to help approach the physical demands of their job duties safely. The course does not address patient lifting techniques.