

# The Dell Group, Inc.

*Creative* Solutions for your compliance burdens

## Back Safety Training

### Topics Covered:

How the Back Works, Lifting Safety, Lifestyle Factors, Back Injury Prevention, Anatomy of a Healthy Back, Anatomy of Proper Lifting, Back Conditioning Exercises, Material Handling Tips, Back Saving Solutions

**Lifting Safety** - 1 Hour . . . . . \$200.00 per session  
plus \$5.00 each trainee

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<http://www.dellgroup.com/>