

# The Dell Group, Inc.

*Creative* Solutions for your compliance burdens

## Lifting 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, etc.

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

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