MIIA Risk Management Training

Workplace Safety





Slips, Trips, Falls
&
Back Injury Prevention/Safe Lifting

AGENDA

Slips, Trips and Falls

This awareness training provides guidance and facilitates interactive activities to help employees recognize and prevent slip, trip, and fall hazards across offices, facilities, and field sites.

Topics of Discussion:

- Review workplace impact and injury statistics
- Define slips, trips, and falls
- Identify common causes of slips, trips, and falls
- Identify potential hazards in your department
- Learn strategies to anticipate, evaluate, monitor, and respond to hazards
- Explore prevention practices (e.g., housekeeping, spill cleanup, signage)
- Explore short- and long-term environmental controls (physical modifications or additions made to the workplace to reduce hazards at their source)
- Identify criteria for selecting and using personal protective equipment (PPE)
- Learn safe movement practices
- Follow incident response procedures

DATE & TIME

January 13, 2027

1:30 p.m.- 3:30 p.m.

LOCATION

Erving Elementary School
28 Northfield Rd, Erving, MA 01344

Register Here ➜



PRESENTER

Lynn Rose

Lynn is the Senior Risk Management Trainer for the Massachusetts Interlocal Insurance Association (MIIA).

With over 30 years of experience across K-12 school and municipal departments, she specializes in developing and implementing comprehensive Environmental Health and Safety (EHS) systems.

She collaborates closely with regulatory agencies and professional associations to deliver targeted training programs, compliance tools, and guidance documents that meet local, state, and federal requirements. Beyond assisting with compliance, she also champions proactive, non-regulatory health and safety initiatives.

Back Injury Prevention/Safe Lifting

This awareness-level training equips employees to identify physical hazards and evaluate risks associated with their daily workplace activities. Participants will learn practical, proactive steps to prevent sprains, strains, and soft tissue injuries.

Topics of Discussion:

- **Anatomy of the Back:** Understanding how spinal components work and why they are vulnerable to strain.
- **Workplace Hazards and Risk Factors:** Identifying task types, postures, and habits that lead to back pain and injury.
- **Symptom Recognition:** Recognizing and responding to early warning signs and symptoms.
- **Types of Injuries:** Differentiating between acute trauma and chronic/cumulative wear-and-tear.
- **Injury Prevention Strategies** - examples:

  o *Lifting:* Estimating loads, assessing the workspace, planning lifts, utilizing mechanical aids or two-person team lifts, applying core lifting mechanics, etc.

  o *Ergonomics:* Identifying correct body positioning, modifying workspaces/practices, and managing the duration and scheduling of high-strain activities, etc.

- I**ncident Response:** Clear steps on what to do immediately if you or a coworker sustains an injury.

Reward Credits This training qualifies the MIIA member for .5% under the MIIA Rewards Workers Compensation Category

Accommodations Please contact us at least 48 hours in advance.

Disclaimer: The material contained herein is intended for general informational purposes only. It is not intended as legal advice and should not be construed as such. Any inquiries concerning Massachusetts law should be directed to a city solicitor, town counsel or other licensed attorney.

MIIA Risk Management

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