

# MIIA

## Safe Lifting and Back Injury Prevention (BIP) Zoom Presentation

**DATE:** Wednesday, November 18, 2020

**TIME:** 12:00pm – 1:00pm

**LOCATION:** Your Home or Work Office

### **The Purpose of this MIIA Safe Lifting and BIP Zoom training is to:**

Educate MIIA members and participants about common sense safe lifting skills, good body mechanics and regular daily stretching exercises that can prevent costly and painful injuries to the back or any other skeletal muscles associated with material handling, lifting and transporting. This includes; muscle strains to the upper and lower body, as well as fractures that occur from impact accidents, compression injuries and slips, trips and falls.

### **PROGRAM OUTLINE**

1. **ZOOM PRESENTATION:** (35 minutes)

Discuss and teach “best practice” ergonomics, material handling and safe lifting techniques and skills that prevent discomfort, pain and injury. This BIP class is designed for all municipal and public works personnel, including; school custodians, food service staff, water, sewer, transfer/recycling employees and even school faculty and staff. The ultimate goal is to avoid injury caused by one bad lift, physical trauma, or, by a series of repetitive motion micro tears or misuse activities. Spinal injuries can be devastating so the instructor will motivate those individuals with a history of back pain, or other orthopedic injury issues to use helpful postures, lifting techniques, body mechanics and pre-work stretching exercises to decrease the likely hood of a first-time injury, or a injury recurrence.

2. **CONCEPTS IN LIFTING: (10- Minutes)**

During the second part, the instructor will present several proper material handling strategies, techniques and skills that work to prevent, and reduce injury risk and physical strain.

3. **Pre-Work Flex and STRETCH EXERCISES (10- Minutes)**

The third part of the Zoom session involves demonstrating 10-15 pre-work stretching exercises that can be done at safe distances at home or work. These stretches can help reduce injuries, increase physical fitness, improve performance, help flexibility and increase core strength and stability.

