



<b>COURSE TITLE</b>	: Back Protection Management	<b>COURSE CODE</b>	: BPM
<b>COURSE DURATION</b>	: 2-day(s) / 13.50-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Non-Competency		
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM864.00 (inclusive of 8% SST)		

**1. OBJECTIVE(S):**

At the end of the course, the participant will be able to:

- i. Identify the causes of back pain.
- ii. Identify types of back pain.
- iii. Explain the prevention measures.
- iv. Demonstrate trigger point & stretching/ strengthening techniques.

**2. TARGET GROUP(S):**

- i. Managers/ Executives.
- ii. Safety and Health Officers.
- iii. OSH Practitioners.
- iv. Safety and Health Committee Members.
- v. Supervisors.
- vi. Workers at risk having back pain.
- vii. Occupational Health Doctor/ Occupational Health Nurse.

**3. ENTRY REQUIREMENT(S):**

- i. None.

**4. TOPIC(S):**

- i. Introduction of Back Pain Problems
- ii. Understanding Anatomy of The Back and How It Works.
- iii. Causes of Back Pain.
- iv. Types of Back Pain.
- v. Prevention of Injuries to The Spine.
- vi. Rehabilitation Techniques for Back Pain.
- vii. Trigger Points Massage.
- viii. Stretching and Strengthening for Back Pain.



**5. LIST OF REFERENCE BOOK(S):**

- i. -

**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.
- v. Video camera.
- vi. RGB Cable.
- vii. Anatomical Chart.
- viii. Back model.
- ix. Back Support.
- x. Sun flower massage oil.
- xi. Large and small towel.
- xii. Exercise band.
- xiii. Massage Table.
- xiv. Towel.
- xv. Travel Bag Hard Case.
- xvi. T-Shirt & Yoga mat for each participant (included in fee).

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Group discussion.
- iii. Practical.

**Note:** Participant is required to wear suitable attire for exercise (practical for stretching and strengthening the back of the body).

**COURSE TITLE: BACK PROTECTION MANAGEMENT**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 1000	1.00	Introduction of Back Pain Problem	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1115	1.00	Understanding Anatomy of the Back and How It Works	
1115 - 1215	1.00	Causes of Back Pain	
1215 - 1300	0.75	Back pain Condition: Introduction, Causes, Test & Detection & Self-Care Management	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Continuation	
	<b>6.50</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Prevention of Injuries to the Spine	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1200	1.25	Continuation	
1200 - 1300	1.00	Rehabilitation Techniques	
1300 - 1400	1.00	LUNCH	
1400 - 1545	1.75	Technique of Stretching and Strengthening	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1730	1.50	Trigger Points Massage (Practical)	
1730 - 1745	0.25	Evaluation and Closing	NIOSH
	<b>7.00</b>	<b>END OF THE COURSE</b>	