



Back injury prevention

Video coaching bundle

This powerful bundle includes **five** full-length training videos (several award-winning) and **dozens** of brief “coaching” videos for leadership and employees that support the process all year long. The videos are filled with time-tested injury prevention principles that are simple, repeatable and most importantly, effective.

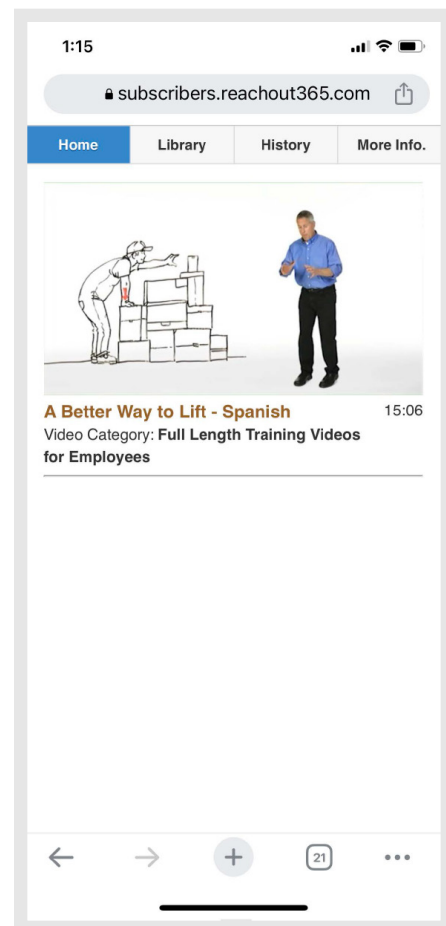
The short videos for employees provide consistent reminders and the leadership videos lay out the same injury prevention strategy that has been used with major corporations, including The Home Depot, Wal-Mart, Coca Cola, PetSmart and many more.

Includes:

5 full-length training videos for employees

- A Better Way to Lift (English and Spanish)
- The Back Owner’s Guide to Lifting and Stretching (English and Spanish)
- On the Road: The Lighter Side of Lifting
- Take Five for Health and Safety (5 Modules)
- A Bit About Backs (3 Modules)

- Dozens of brief (90-second to 4-minute) videos for leadership
- Dozens of brief (90 second to 4-minute) coaching/ reinforcement videos for employees
- User’s guide



Back injury prevention coaching videos

- A Day in the Life of a Back Injury Prevention Program
- A Day in the Life of a Back Injury Prevention Process
- A Day in the Life of the Energized Approach
- Back Injury Prevention — Accountability
- Back Injury Prevention — Commitment
- Back Injury Prevention — Communication
- Back Injury Prevention — Consistency
- Back Injury Prevention — Creativity
- Back Injury Prevention — Flexibility
- Back Injury Prevention — Fun!
- Back Injury Prevention — Inclusion
- Back Injury Prevention — Recognition
- Back Injury Prevention — Respect
- Back Injury Prevention — The Emotional
- Back Injury Prevention — The Physical
- Back Injury Prevention — The Rational
- Back Injury Prevention — Accountability — Quick Tip
- Back Injury Prevention — Commitment — Quick Tip
- Back Injury Prevention — Communication — Quick Tip
- Back Injury Prevention — Consistency — Quick Tip
- Back Injury Prevention — Creativity — Quick Tip
- Back Injury Prevention — Flexibility — Quick Tip
- Back Injury Prevention — Fun! — Quick Tip
- Back Injury Prevention — Inclusion — Quick Tip
- Back Injury Prevention — Recognition — Quick Tip
- Back Injury Prevention — Respect — Quick Tip
- Back Injury Prevention — The Emotional — Quick Tip
- Back Injury Prevention — The Physical — Quick Tip
- Back Injury Prevention — The Rational — Quick Tip
- REP for Back Injury Prevention
- Standing — Quick Tip
- Standing — Move/Fidget
- Standing — Get a Foot Up — Quick Tip
- Standing — Slight Bend in the Knees — Quick Tip
- Standing — Staggered Stance — Quick Tip
- Lifting: Build a Bridge — Quick Tip
- Lifting: Feet First — Quick Tip
- Lifting: Keep it Close — Quick Tip
- The Lighter Side of Lifting
- Principles of Lifting
- The Art of Standing

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