Overexertion Injury Prevention Safety Video



These types of injuries are often associated with lifting, pushing, pulling, tossing and handling material. In this effective and motivational program, your employees will learn how the body functions, risk factors associated with overexertion type injuries, and preventive measures they can utilize to reduce their exposure and prevent injuries. The program teaches the impact their posture can have on their body and the cumulative affect of improper lifting techniques.