



<b>COURSE TITLE</b>	: Back Protection Management (Remote Learning)		
<b>COURSE DURATION</b>	: 2-day(s) / 13.50-hour(s)	<b>COURSE CODE</b>	: BPM-RL
<b>COURSE CATEGORY</b>	: Non-Competency	<b>COURSE LEVEL</b>	: Basic
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM 432.00 (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. Must have device (Computer/Laptop) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND**
- ii. Must have good internet connection; **AND**
- iii. Zoom account registered with personal email.
- iv. Must use Google Chrome or Mozilla Firefox only.

**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. None.

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

- i. Computer/ Laptop.
- ii. Learning accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Group discussion.
- iii. Video/ Picture (Discussion based on video/picture)

**COURSE TITLE: BACK PROTECTION MANAGEMENT (REMOTE LEARNING)**

**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	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 BREAK	
1400 – 1530	1.50	Continuation	
1530 – 1545	0.25	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	BREAK	
1045 – 1200	1.25	Continuation	
1200 – 1300	1.00	Rehabilitation Techniques	
1300 – 1400	1.00	LUNCH BREAK	
1400 – 1545	1.75	Technique of Stretching and Strengthening	
1545 – 1600	0.25	BREAK	
1600 – 1730	1.50	Video/Picture (Discussion based on video/picture)	
1730 – 1745	0.25	Evaluation and Closing	NIOSH
	<b>7.00</b>	<b>END OF THE COURSE</b>	