

Administrators: Please share with staff who have responsibilities connected to this workshop topic.

Attendance: Expenses Covered by:

Expected

Division

No sub required

Approved by: John Kuzbik,

Invitation

Decentralized

Superintendent of Schools

# Workshop on Lifting Techniques and Back Care

**Goal:** To provide staff with information on safe lifting techniques and back care

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**Who:** Staff who may be lifting or transferring students  
**Date:** Monday, September 14<sup>th</sup>, 2009  
**Time:** 3:00 - 4:30  
**Location:** Sask. Rivers Ed Centre (545 - 11<sup>th</sup> Street East, P.A.)  
**Facilitator(s):** Sharon Mitchell @ Karin Heaney  
**Bring:** Wear comfortable clothing as we will be practicing lifting techniques and safe back care

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**Overview:**

Many of our schools have students in wheelchairs or whose medical conditions require them to be lifted during the course of the day. This workshop is provided primarily for staff who lift students as part of their assigned duties.

The workshop presenter will be Karin Heaney (Occupational Therapist). She will focus on body mechanics, maintaining back health and lifting techniques.

Workshop Information: smitchell@srsd119.ca or 764-1571

Deadline for Registration: September 11, 2009

Maximum of 40 Participants

Registration will only be accepted through online registration.

[Click Here To Register](#)

Workshop Name: Lifting-09/14/09

Complete "Request for Leave" Form:

Staff Dev. Decentralized Teachers (SDDT) or

Staff Dev. System CUPE (SDSC)