



Lesson Plans

Lesson Plan:

Sector: Manufacturing

Occupation: Labourers in Processing,
Manufacturing and Utilities
(NOC 961)

Theme: Safety in the Workplace

Occupational Task: Reading a bulletin on
back safety

Essential Skills (ES) developed during the learning activities:

Oral Communication

- Obtain specific information. (ES 2)
- Moderate oral communication demands. (ES 2)
- Exchange Information. (ES 2)

Reading

- Read more complex texts to locate a single piece of information or read simpler texts to locate multiple pieces of information. (ES 2)

Canadian Language Benchmarks (CLB) competencies developed during the learning activities:

Speaking

- Communicate facts and ideas in some detail: Describe, report and provide a simple narration. (CLB 6)
- Present information in a coherent connected discourse. (CLB 6)
- Give spoken instructions. (Use correct sequence of steps, clear reference, correct stress and intonation). (CLB 6)

Listening

- Demonstrate comprehension of details and speaker's purpose in directive requests, reminders, orders and pleas. (CLB 7)

Reading

- Follow main ideas, key words and important details in a one-page (3-5 paragraphs) plain language authentic prose and non-prose (formatted) text in moderately demanding contexts of use. (6)

Language and culture focus for the learning activities:

Grammar

- Structures necessary to paraphrase information in the learners' own words.
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- Structures to give clear step-by-step directions. (first, next, then)

Vocabulary

- Vocabulary introduced through the brochure, "Watch your back: Back Health in the Workplace", particularly multi-syllabic words or terminology to do with the back. E.g. spinal cord, flexibility, tailbone, vertebrae, discs, intra-abdominal, simultaneous, abdominal cavity, stability, contracting.

Culture

Back injury is common in the workplace. Workers in a manufacturing plant often do a lot of lifting. Back injuries are caused by incorrect lifting, repeatedly lifting heavy loads, twisting, and repeated bending and stretching. Most workplaces do training around safety and injury prevention. Training may be done at short morning meetings on the work floor in noisy surroundings. Workers will have to watch and listen carefully. Ultimately, the day by day responsibility for safety lies with the worker.

Suggested teacher resources and classroom materials needed:

Background information for instructors.

Essential Skill Profile for Labourers in Processing, Manufacturing and Utilities

<http://srv600.hrdc-drhc.gc.ca/esrp/english/profiles/161.shtml>

Work Futures British Columbia Occupational Outlooks

<http://www.workfutures.bc.ca/profiles/profile.cfm?noc=961&lang=en&site=graphic>

Alberta Health Resources and Employment publications on back care and lifting

<http://www3.gov.ab.ca/hre/whs/publications/bulletins.asp#back>

For display in class room:

Watch Your Back Poster

<http://www.albertachiro.com/documents/watch%20your%20back%20sm%20poster%20print.pdf>

Back pain 2005 Campaign Posters

http://www.wcb.ab.ca/back@it/05_posters.asp



Poster – Handling Loads

<http://www3.gov.ab.ca/hre/whs/publications/posters.asp>

For Learners

Leaflet: Watch Your Back. Back Health in the Workplace.

<http://www.albertachiro.com/documents/watch%20your%20back%20broch%20lg%20print.pdf>

One large box (doesn't have to be heavy) for each 2 learners.

Estimated time for the learning activities: 2 1/2 hours

This is part of an English in the Workplace program in a manufacturing plant and is one lesson of several on the theme of Safety in the Workplace.

Learner Profile:

The learners in this class are front line workers. Most of them have a CLB of 5 or 6.

Learning Objectives:

Learners will be able to demonstrate comprehension of written material by paraphrasing it or restating it in their own words.

Learners will be able to understand and follow their partners' directions about posture and lifting techniques.

Learners will demonstrate correct lifting technique.

Learners will be able to list 4 causes of back injury.

Learners will be able to list 4 symptoms of back injury.

Learning activities:

1. Draw learners' attention to the posters on display in the classroom. Tell them that the class will be learning about Back Safety in the Workplace. Ask for volunteers to describe each poster. As the posters are described write words or phrases needed for clarification on the board. Some of the posters require some cultural inference. i. e. "Watch your back", "Don't do the twist", "Don't take it lying down", etc. Review the words and phrases with the class for meaning and pronunciation. (10 minutes)

2. Give each learner a copy of the four panel brochure "Watch Your Back. Back Health in the Workplace." Preview the brochure with the class. Page 1 "The Back", Page 2 "some things to consider...", Page 3 "Bending & Crouching", Page 4 "Assess your risk for back injury in your workplace". Go through the major headings of the pamphlet. (15 minutes)

3. Set up a jigsaw. Divide the class into 4 equal groups. Assign each group a page to read and prepare. Assign only the left hand column on page 4 to group 4. Leave the quiz on the



back page for later. (5 minutes)

4. Explain that each group must:

- a. read their assigned page
- b. figure out the vocabulary by a) asking each other, b) using a dictionary or c) asking the instructor
- c. discuss the material and practice paraphrasing the material

The instructor circulates during this time to help out each of the groups.

As difficult vocabulary words are discovered have learners write them on the board.

(30 minutes)

5. Reorganize the groups so each new group has at least one member from each of the previous groups. Each new group should have at least one member who can describe page 1, 2, 3 or 4 to the rest of the group. The new groups work their way through the brochure. A learner who has prepared page 1 will present it, in his/her own words, to the rest of the group. They will discuss and ask questions about page 1. Then a learner who has prepared page 2 will present it. And so on, until all four pages have been presented and discussed.

(30 minutes)

6. As a class, review the brochure. Review vocabulary words on the board for meaning and pronunciation. (20 minutes)

7. Divide the class into partners. Each set of partners will have a large box to practice lifting. The partners will work their way through pages 2 and 3, each demonstrating proper lifting techniques, proper posture and sitting, bending and crouching, stretching and strengthening. The other partner will be evaluating them. Everyone should practice until they can demonstrate good technique. After everyone has practiced have 2 learners demonstrate good technique in each of these positions to the rest of the class. (20 minutes)

8. Each learner should complete the quiz on page 4 independently. The instructor should point out that # 3 and #4 may not apply to their job. However, these questions should be changed to reflect the learners' work station. The instructor and the learners will work together to change the questions 3 and 4 so they are more applicable to the learners' work situation. Discuss the answers with the class. How does each learner rate himself? How could they improve their score? (15 minutes)

9. Each learner discusses with his/her partner at least 4 causes and symptoms of back injuries. Instructor I asks for causes and symptoms and lists them on the board. (10 minutes)

Additional and/or extension learning activities:

These are extension activities to review the same concept but using listening skills. They would be done in the classroom as a follow up review. The instructor would choose a couple of the most appropriate video or audio clips.

A suggested activity is to set the audio clips up as a jigsaw and have half the class listen to one and the other half listen to the other. Then each learner would have a partner and tell them about his/her audio clip. Or after listening to the audio clips the learners could develop and record their own audio messages about back safety. After watching the video they could develop their own instructional role play about back safety.



Video clip on lifting

http://www.albertachiro.com/documents/LIFT_WITH_EASE_PSA.mpg

Audio clip from the Government of Alberta on safe lifting practices.

http://www3.gov.ab.ca/hre/whs/videoclips/WorkSafe_AB-Lifting.mp3

Video on back care and proper lifting techniques. Several videos are available at

http://www3.gov.ab.ca/hre/whs/publications/v_bc.asp

Evaluation:

The evaluation for this class will be conducted informally by classmates. They will observe their partners demonstrating proper posture and lifting techniques and they will discuss with their partners at least 4 causes and symptoms of back injuries. Each team will report back to the instructor when both partners have met the learning requirements stated above.

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