

SWOSU Offering On-Line Fall Prevention Training

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On-line fall prevention training is being held as part of Continuing Education courses this fall at Southwestern Oklahoma State University in Weatherford.

The development of this first-in-the-nation on-line training has been authorized by Dr. Fuzhong Li, a senior research scientist at the Oregon Research Institute and the lead researcher of the Better Balance program. Teaching the online CE course at SWOSU is Dr. Robert Sam Lackey, the state's first teacher-trainer. Lackey has trained and certified 133 teachers and advisors in this program to date.

The course at SWOSU is available on the Weatherford campus as well as other places through free interactive Skype connections. Free orientation and training sessions will be available to the faculty and staff at SWOSU by arrangement.

These programs are designed to provide the training needed for national certification as either a teacher-in-training or for a workshop. The level of knowledge is also very valuable for councilors and social workers who can address a person's fear of falling by explaining and guiding them to effective preventive and restorative training. The Better Balance program includes specific measures for a safe and effective exercise program for those just leaving physical therapy.

Lackey said the rising costs of workman's compensation claims and the loss of productivity makes fall prevention training for the work place an especially important path to competitive productivity in these challenging economic times. For more information, contact Lackey at robert.lackey@swosu.edu or 580.774.4602.