

Health Check

1 structural (1 broken reference · 0 placeholder flags) · 55 accessibility (55 alt/caption gaps) · 7 advisory (0 orphaned slides · 1 unused variable · 2 player accessibility gaps · 4 odd text styles). 1 custom variable total · 68 media files (16.2 MB total).

Course file: Back Safety Training (demo course).story · File fingerprint (SHA-256, first 12 chars): bdlf88057728 · Saved with Storyline version 3.125.37980.0 · Generated 10/1/2026, 2:48:23 PM

This report lists automated findings from this course file. Treat each as a lead to verify in Storyline, not a certified pass/fail.

Broken references

⚠ blocks learners

Usually breaks something a learner sees or clicks on that path. Open the flagged slide in Storyline and either point the trigger at something that still exists or delete it; for a %Name% in text, add the variable or fix the text. Reviewed one and it's acceptable to leave as-is (e.g. a deliberate dead end, or a link StoryAudit can't confirm as reachable but you've verified yourself)? Click "waive" so it stays out of your way next time.

{} Unresolved variable reference on **Scene 1, Slide 1: A Review of Safe Lifting Techniques · Text Box 1**

The text shows %userName%, but this file has no variable named userName, so learners see %userName% as typed

Orphaned content

✓ Every slide in this file is reachable.

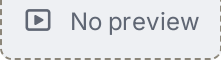
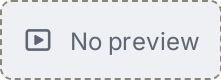
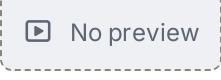
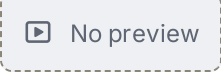
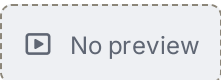
Not orphaned. Reachable via the free -navigation menu: **Final Exam** (starts at Scene 2, Slide 1: Where is the optimum safe lifting zone located?, 10 slides). [Why this can't be auto-verified ▲](#)

No jump trigger, question bank, or quiz-results role explicitly targets this scene, but the player's menu is set to free navigation with the outline sidebar enabled, so learners can open it and click through at any time. That's a real way in, not a guess. There's just no linear Next-button path to it, in case that wasn't intentional.

Size & bloat

Showing the largest 15 of 68.

PREVIEW	USED ON	TYPE	SIZE
 No preview	Scene 1, Slide 31: Correct Technique: Waist to Overhead R6VpbS8dFiUo.flv	video	1.1 MB

PREVIEW		USED ON	TYPE	SIZE
	1:05	Scene 1, Slide 31: Correct Technique: Waist to Overhead R65uDmr1JxXV.mpeg	video	1.1 MB
		Scene 1, Slide 29: The Ideal Lift R5wSkdviKKSD.flv	video	1.1 MB
	1:00	Scene 1, Slide 29: The Ideal Lift R5wvYEwz4bfZ.mpeg	video	1.0 MB
		Scene 1, Slide 27: Correct Technique: Floor to Waist R5s4LKKYo45G.flv	video	885.3 KB
	0:49	Scene 1, Slide 27: Correct Technique: Floor to Waist R5fYrvYUurRw.mpeg	video	864.3 KB
		Scene 1, Slide 11: Dynamic Lifts R62sdEAGcut.jpg	image	757.7 KB
		Scene 1, Slide 9: Correct Speed R6o70x9uvE4p.flv	video	691.5 KB
	0:38	Scene 1, Slide 9: Correct Speed R6mwFRHU9d4a.mpeg	video	678.1 KB
		Scene 1, Slide 7: Safe Lifting - Trunk Alignment R6TpLXRM40iJ.png	image	587.7 KB
		Scene 1, Slide 38: Correct Technique: Pushing R6jpKAhzz9MF.flv	video	325.1 KB
	0:19	Scene 1, Slide 38: Correct Technique: Pushing R5kGBAEioLUc.mpeg	video	317.8 KB
		Scene 1, Slide 37: Correct Technique: Pulling R5YgM0RKWzxv.flv	video	257.5 KB
	0:15	Scene 1, Slide 37: Correct Technique: Pulling R6rJ6DpjKlBS.mpeg	video	252.0 KB
	0:51	Scene 1, Slide 28: Correct Technique: Key points for a floor to waist lift R6FizYXSY4g.mp3	audio	250.7 KB

Duplicate assets (identical bytes, different files)

Not automatically a problem: the same icon, checkmark, or logo placed on many slides is often saved as a separate file each time. Worth a closer look when the duplicated file is large, since that's real, avoidable space multiplied by however many copies exist.

2 identical copies, 186.2 KB each

PREVIEW	USED ON	TYPE	SIZE
	used on a slide master/layout (1 place), applies course - wide, not tied to one slide R6ntQr91B3KB . jpg	image	186.2 KB
	used on a slide master/layout (2 places), applies course - wide, not tied to one slide R6jVzF9QYRvi . jpg	image	186.2 KB

2 identical copies, 168.0 KB each

PREVIEW	USED ON	TYPE	SIZE
	used on a slide master/layout (1 place), applies course - wide, not tied to one slide R6UA1lp4rm5E . jpg	image	168.0 KB
	used on a slide master/layout (2 places), applies course - wide, not tied to one slide R6n0xqbIy4D4 . jpg	image	168.0 KB

2 identical copies, 169.9 KB each

PREVIEW	USED ON	TYPE	SIZE
	used on a slide master/layout (1 place), applies course - wide, not tied to one slide R5wSrTlMvAiG . jpg	image	169.9 KB
	used on a slide master/layout (2 places), applies course - wide, not tied to one slide R69N65MoAMlk . jpg	image	169.9 KB

Accessibility

Scope: alt text and captions only. This does not check color contrast, focus order, tab order, or keyboard traps. A full accessibility clearance (e.g. for a 508 obligation) still needs a review of the published output.

Closed captions by default: off

Accessible text mode: off

 **blocks learners**

Blocks screen - reader users on those slides. Select the image in Storyline, open Size & Position (or Alt Text under the Insert/Format ribbon), and add a short description of what the image shows.

 0 of 15 images have alt text

3 of the missing have an AI suggestion in Storyline that nobody has applied yet. Review each one and click Apply in Storyline's Accessibility panel.

Missing alt text (15)

Scene 1, Slide 4: OSHA Definition (cont.)

lifting.png



AI suggestion waiting to be applied in
Storyline: "Comparison of disc compression
(L5/S1) during two lifting postures, showing
a stooped p..."

Scene 1, Slide 6: Safe - Lifting Leverage



Picture 1.png

Scene 1, Slide 7: Safe Lifting - Trunk Alignment

spine alignment.png



AI suggestion waiting to be applied in
Storyline: "A demonstration comparing
proper lifting posture (straight back and bent
knees) with in..."

Scene 1, Slide 11: Dynamic Lifts

Dynamic lifts.jpg



AI suggestion waiting to be applied in
Storyline: "People performing various lifting
and carrying tasks, including boxes and
grocery bags,..."

Scene 1, Slide 14: Use of Accessory Muscles (Signs of Physical Effort cont.)



Picture 1.png

Scene 1, Slide 15: Elbow Extension (Signs of Physical Effort cont.)



Picture 1.png

Scene 1, Slide 16: Posterior Trunk Lean (Signs of Physical Effort cont.)



Picture 1.png

Scene 1, Slide 19: Difficulty Holding/Grasping/Controlling Box (Signs of Physical Effort cont.)



Picture 1.png

Scene 1, Slide 24: Shaking or Quivering of Muscles (Signs of Physical Effort cont.)



Picture 1.png

Scene 1, Slide 30: Overhead Lifting Signs of Physical Effort



Picture 1.png
Alt text is only "[E] Windows 7:New Folder:Picture2.png"

Scene 1, Slide 32: Positional Tolerance



Picture 1.png
Alt text is only "[E] Windows 7:New Folder:ergopics 004.jpg"

Scene 1, Slide 36: Pushing and Pulling Examples



Object Placeholder 1.png
Alt text is only "[E] Windows 7:New Folder:C653BD04.jpg"



Picture 1.png
Alt text is only "[E] Windows 7:New Folder:C4097B4F.jpg"



Picture 2.png
Alt text is only "[E] Windows 7:BA2E9DB2.jpg"

1 not tied to a specific slide (slide master/layout only, or the file couldn't be matched): hdtv.png

⚠ blocks learners

Blocks deaf/hard-of-hearing learners on those slides. Select the audio/video object in Storyline, open its Audio/Video Tools tab, and add closed captions (or import a transcript if you already have one).

 1 of 41 audio and video clips have closed captions

Missing captions (40)

Scene 1, Slide 1: A Review of Safe Lifting Techniques



track256.mp3

Scene 1, Slide 2: Introduction



track257.mp3

Scene 1, Slide 3: Correct Neutral Posture



track258.mp3

Scene 1, Slide 4: OSHA Definition (cont.)



track259.mp3

Scene 1, Slide 5: Planning a Lift



track260.mp3

Scene 1, Slide 6: Safe - Lifting Leverage



track261.mp3

Scene 1, Slide 7: Safe Lifting - Trunk Alignment



track262.mp3

Scene 1, Slide 8: Safe Lifting - Speed



track263.mp3

Scene 1, Slide 9: Correct Speed



Back Safety speed
of lifting.mp4

Scene 1, Slide 10: Safe Lifting - Lower Legs



track264.mp3

Scene 1, Slide 11: Dynamic Lifts



track265.mp3

Scene 1, Slide 12: Physical Effort



track266.mp3

Scene 1, Slide 13: Signs of Physical Effort



track267.mp3

Scene 1, Slide 14: Use of Accessory Muscles (Signs of Physical Effort cont.)



track268.mp3

Scene 1, Slide 15: Elbow Extension (Signs of Physical Effort cont.)



track269.mp3

Scene 1, Slide 16: Posterior Trunk Lean (Signs of Physical Effort cont.)



track270.mp3

Scene 1, Slide 17: Maintaining Trunk In Vertical Alignment (Signs of Physical Effort cont.)



track271.mp3

Scene 1, Slide 18: Trunk Posture Study (Signs of Physical Effort cont.)



track288.mp3

Scene 1, Slide 19: Difficulty Holding/Grasping/Controlling Box (Signs of Physical Effort cont.)



track272.mp3

Scene 1, Slide 20: Increased Blood Pressure or Heart Rate (Signs of Physical Effort cont.)



track273.mp3

Scene 1, Slide 21: Shoulder Girdle Position (Signs of Physical Effort cont.)



track274.mp3

Scene 1, Slide 22: Uncontrolled Throwing of Object (Signs of Physical Effort cont.)



track275.mp3

Scene 1, Slide 23: Speed of Lift (Signs of Physical Effort cont.)



track276.mp3

Scene 1, Slide 24: Shaking or Quivering of Muscles (Signs of Physical Effort cont.)



track277.mp3

Scene 1, Slide 25: Pain and Perceived Exertion



track278.mp3

Scene 1, Slide 26: Best Lifting Techniques



track279.mp3

Scene 1, Slide 27: Correct Technique: Floor to Waist



Back Safety floor to waist.mp4

Scene 1, Slide 28: Correct Technique: Key points for a floor to waist lift



track302.mp3

Scene 1, Slide 29: The Ideal Lift



Back Safety ideal lift.mp4

Scene 1, Slide 30: Overhead Lifting Signs of Physical Effort



track280.mp3

Scene 1, Slide 31: Correct Technique: Waist to Overhead



Back Safety waist to overhead.mp4

Scene 1, Slide 32: Positional Tolerance



track281.mp3

Scene 1, Slide 33: Positional Tolerance (cont.)



track282.mp3

Scene 1, Slide 34: Mobility



track283.mp3

Scene 1, Slide 35: Pushing And Pulling



track284.mp3

Scene 1, Slide 36: Pushing and Pulling Examples



track285.mp3

Scene 1, Slide 37: Correct Technique: Pulling



Back Safety
Correct way to
Pull.mp4

Scene 1, Slide 38: Correct Technique: Pushing



Back Safety Right
way to push.mp4

Scene 1, Slide 39: "My Boss Won't Like That"



track286.mp3

Scene 1, Slide 40: Summary



track287.mp3

Titles & player settings

✓ No blank or repeated titles on slides or scenes.

i 11 slides use their heading as the title

The Title field is blank, so Storyline shows the slide's heading or question text in the menu and to screen readers. Not counted as a finding. Set a title in Storyline if you want one to read differently.

Scene 1, Slide 41: Congratulations · shown as "Congratulations"

Scene 2, Slide 1: Where is the optimum safe lifting zone located? · shown as "Where is the optimum safe lifting zone located?"

Scene 2, Slide 2: What alignment helps avoid twisting the torso du... · shown as "What alignment helps avoid twisting the torso during a lift?"

Scene 2, Slide 3: Which lower-body movement is recommended for saf... · shown as "Which lower-body movement is recommended for safe lifting?"

Scene 2, Slide 4: When developing return-to-work programs for movi... · shown as "When developing return-to-work programs for moving loads, which approa..."

Scene 2, Slide 5: Which action is listed as a sign of physical eff... · shown as "Which action is listed as a sign of physical effort during overhead li..."

Scene 2, Slide 6: What does uncontrolled throwing of an object dur... · shown as "What does uncontrolled throwing of an object during a lift usually sug..."

Scene 2, Slide 7: Which tools are used to monitor pain and perceiv... · shown as "Which tools are used to monitor pain and perceived exertion during dyn..."

Scene 2, Slide 8: When possible, what load limit should overhead l... · shown as "When possible, what load limit should overhead lifting generally stay ..."

Scene 2, Slide 9: The wrists should stay in line with the forearms... · shown as "The wrists should stay in line with the forearms and should not bend s..."

Scene 2, Slide 10: In safe lifting, it is best to plant the feet fi... · shown as "In safe lifting, it is best to plant the feet firmly and avoid pivotin..."

Player and interaction settings

⚠ worth confirming

Each of these is a player setting or trigger you can change in Storyline in a couple of clicks. A course can have one on purpose, so check that each is set the way you intended.

⚠ 1 link says only something like "click here" or a bare web address:

"<http://ohsonline.com/Articles/2005/07/Reduce-Injuries-wit...>" on Scene 1, Slide 39: "My Boss Won't Like That"

⚠ Captions button is off and captions start hidden, so learners can't turn on the captions this course has

Writing quality

Terminology

✓ No inconsistent terminology or capitalization found across this course's text.

Text box headroom

✓ No text boxes flagged for thin headroom at this course's current text length.

Style consistency

housekeeping

Found automatically, no style guide needed: a text size, font or color used on one slide when a close match is used across the rest of the course. Often an accidental override, sometimes on purpose.

⚠ Scene 1, Slide 3: Correct Neutral Posture

17pt text here. 18pt is used on 30 slides. "OSHA (Occupational Safety and Health Administration) defines correct neutral posture as follows: "(The correct) postures where the body is a..."

⚠ Scene 1, Slide 12: Physical Effort

17.25pt text here. 18pt is used on 30 slides. "There are believed to be certain signs of physical effort that can be utilized to determine lifting performance. Therapists should watch fo..."

⚠ Scene 1, Slide 28: Correct Technique: Key points for a floor to waist lift

22.5pt text here. 24pt is used on 3 slides. "Correct Technique: Key points for a floor to waist lift"

⚠ Scene 1, Slide 28: Correct Technique: Key points for a floor to waist lift

16pt text here. 15pt is used on 5 slides. "The key points to remember when teaching the "ideal" lift are as follows: Have a wide base of support with feet close to the object being li..."

Spelling

✓ No likely misspellings or repeated words found in this course's text.

Readability

housekeeping

A course -level estimate from this course's text as a whole, not a per -slide finding. Based on sentence and word length, so it's a rough gauge of density rather than quality.

🔗 58.3 (Fairly difficult)

Flesch Reading Ease, based on 2,601 words across 170 sentences.

🚩 Grade 8.9

Flesch-Kincaid Grade Level: the U.S. school grade a reader would need to follow this text easily.

Style guide compliance

No style guide profile was set for this review.

Dead air

✓ No slides with audio or video finish 5s+ ahead of the slide's own timeline.

Placeholder / draft-text scan

✓ No obvious placeholder or draft-text markers found.

Shortest path to completion

No jump-based shortcut found. Completion fires after 41 of 51 slides, following the course's normal slide order, ending at "Scene 1, Slide 41: Congratulations". Slides after that point aren't required to reach it, which may be intentional (e.g. optional appendix or credits slides).
