

SAFETY TOPICS

PREVENTING BACK INJURY



Back injuries are the most common injury in the workplace, and the cause of most missed work time. The injury can be caused by a strain, spasm, or sprain to the ligaments or muscles of the back. This can happen due to lifting something that's too heavy, or over-extending (overstretching) the back. If the spine suffers from strain or compression, it can cause rupture or bulging of the discs. This assault to the disc can create extreme pain and pressure on one of more than fifty spinal nerves.



Lower back pain may be caused by muscle irritation, bone lesions, or nerve disruption. It can follow trauma or injury to the back, but can also be caused by degeneration as a result of poor habits or the normal consequences of aging. Lower back pain can be created or worsened by poor physical condition or posture, obesity, smoking, obesity, or even sleep position. Age contributes to the risk of injury or damage because over time, small twists, slips, or over-lifting can have cumulative effects.

**Taking Care of Your Back**

Many injuries to the back are caused by stressors such as:

- Repetitive motion--especially overhead
- Awkward posture
- Vibration--such as jackhammer operation
- Contact stress--falls, accidents
- Heavy lifting

**Minimize risk and discomfort through prevention:**

- Get help with heavy lifts!
- Lift with object close to your body. Bend knees, contract abdominal muscles, and keep head neutral.
- Do NOT twist when lifting.
- Reduce back curvature with straight posture and your weight balanced on both feet.
- Engage in exercise to strengthen core, including: speed walking, swimming, stationary biking, or yoga.

***Take care of your back & it will take care of you!***

**INTERESTING FACTS**

- 80% of back injuries are temporary, the rest are chronic or lifelong.
- Three out of four back injuries occur during heavy lifting activities.
- More than one million workers suffer back injuries each year!
- As you age, back injuries are more common.
- At any given moment, over 60-million Americans are suffering from back pain.
- 80% of adults will suffer a back injury in their lifetime, and 10% will suffer re-injury.
- The most common cause of back pain is due to muscular strains. Remember to lift carefully!
- Herniated discs often often require surgery.

SAFETY MEETING ATTENDANCE

PREVENTING BACK INJURY

Company: \_\_\_\_\_ Date: \_\_\_\_\_

Trained By: \_\_\_\_\_ Location: \_\_\_\_\_

ADDITIONAL DISCUSSION TOPICS:

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ATTENDEES:

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