



JOB AID

# Back Injury Awareness

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## Risk Factors

Conditions that can increase the chance of an injury:

- Aging
- Poor physical fitness
- Physical stress
- Bad posture

### ***Physical Condition***

- Strong muscles promote good physical condition, which reduces your risk of injury
- Weak muscles may cause discs to be susceptible to injury
- Strong core muscles will add extra support when handling objects
- Excess body weight puts extra strain on your back
- Excess body weight can cause damage because the back operates on a 10:1 ratio

### ***Bad Posture***

- Posture is the balance and alignment of your body.
- “S” or curved shape is the natural position of the spine
- Improper posture leads to musculoskeletal problems

## Prevention

### ***Proper Lifting Techniques***

1. Assess the situation: Is your path clear?
2. Test the weight of the object; if it's too heavy, get help or use a mechanical device
3. Bend your knees
4. Get a good grip
5. Tighten the muscles in your arms, legs and abdomen
6. Look straight ahead
7. Hug the object
8. Turn with your feet; don't twist at the waist

### ***Proper Equipment***

- Adjust your workplace to accommodate you
- Use mechanical aids when lifting heavy or bulky objects
- Get help from a co-worker

## Injury Response

- Report the injury to your supervisor immediately
- Follow workplace policies regarding medical care and/or treatment
- Avoid devising your own treatment
- Follow medical advice about medications, treatment and physical activities