Back Injury and Prevention

eSafetyLine

Preventing Back Injuries

The best way to prevent back injuries is to develop habits that will help reduce the strain put on your back. Many times back pain or injury results from poor body mechanics and this is often preventable. To help prevent back pain and injuries you can:

- Do exercises that won't jot or strain the back but will strengthen your back muscles. Exercises that work to increase balance and strength will help to decrease your risk of falling. Many back injuries are the result of slip and falls.

- Maintain a healthy diet. By maintaining a healthy weight you will avoid putting potentially injury-causing stress on our back. It's important not to forget the vertebrae or bones of the back when eating healthy. Calcium and Vitamin D in your diet will help to keep all your bones strong. Calcium can be easily included in your diet by eating diary products, green leafy vegetables and food like orange juice with calcium added. Your skin makes Vitamin D from the sun but you can help it along through your diet. Most dairy products have Vitamin D added to help get the most from the available calcium.

- Avoid lifting heavy objects. This can be a big problem in our line of work. However, there are ways to lift more safely. Whenever it is possible to avoid bending and lifting, do it. It's best for the back to put an object down on a table, shelf or elevated surface instead of the floor. When it needs to be moved, you won't have to bend over and lift it from the floor. You should also use carts, dolleys, hand trucks or other lift-assist devices to move objects instead of carrying them. When you must lift and carry something, do it the smart way:

- Bend at the knees with your feet at a shoulder's width apart.

- As you squat, get as close to the object as possible.

- Using the palms of your hands get a secure grip on the load. Make sure your grip is secure and won't need to be changed later on.

- Gradually lift the load using our leg, abdominal and butt muscles. It's best to keep the load as close to your body as possible.

- Once you are standing and need to change directions with the load, point your feet in the direction you want to go and turn you whole body. DON'T twist at the waist while carrying a load.

- To put the load down, simply reverse these steps.

When all else fails and an object is too awkward or too heavy for you to lift alone: Get Help!

Discussion Questions

How can you increase calcium in your diet and why would you want to?

Why should you never twist at the waist while you're carrying a load?

MEETING / TRAINING
ATTENDANCE ROSTER

COMPANY: _____ _____ **SAFETY MEETING**

JOB/DEPT: _____ _____ **SAFETY TRAINING**

DATE: ____/____/_____ **TIME:** _____

TOPICS ADDRESSED: _____

_____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

_____

_____

ACTION TAKEN: _____

_____

_____

_____ _____/_____/_____

Supervisor's Signature **Date**

_____ _____/_____/_____

Safety Coordinator's Signature **Date**