

Location: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## TOPIC: C131- BACK HEALTH PROGRAM

**Introduction:** Back injuries are one of the most common and debilitating injuries in the U.S. today. Whether the injury is work related or not the injury can have a lasting effect on your health, comfort and lifestyle. Understanding back injury prevention, the nature of back injuries, and proper lifting techniques will help to reduce the opportunity of back injuries. PPE (personal protective equipment) for your back is commonly referred to as back belts, safety belts, or back supports. However, unless prescribed by a physician to address a specific back issue, there is no clinical supporting evidence that these products will prevent back injuries. So let's look at other ways to have a good Back Health Program:

### Stretching:

- In today's workplace, the large majority of injuries are musculoskeletal in nature. Ergonomics has become a major component of workplace Injury Prevention Plans. Many companies have made lower back injuries a focus for reduction/elimination. An important component of a Back Health Program is a stretching routine.
- A successful ergonomics program always looks at prevention of injury and how best to achieve this. Morning (or first of shift) stretching programs have become commonplace in today's workforce. This program has proven results to reduce all soft tissue injuries due to awkward body postures, repetitive motions or stressful exertions.
- This does not have to be a formalized, time consuming exercise.

### Ergonomics:

- It is best to begin by performing Ergonomic Assessments of jobs/tasks that you are aware of that have caused issues in the past.
- Remember-the goal is to fit the workplace to the worker, not the worker to the workplace. So work areas may need to be reviewed
- Additionally, when performing Ergonomic Assessments of a job or task, seek neutrality in the human form- specifically posture and limb placement for tasks.

### Lifting Safely:

- Manual lifting, especially awkward lifts, are very dangerous for your back
- Use a pre-lift process. Don't just grab something without knowing what it weighs or how you are going to get it to where it needs to be. Instead, before lifting- ask yourself: what does the route look like? ; do I need help?; what is the best way to pick this up?; what do I need to do to protect my back? Where am I going to put this down?
- Lifting Safety is mostly about reducing the opportunity of injury to your back. Keep your focus on this.

**Conclusion:** Take a multi-tiered approach for Back Health for a successful outcome. Always ask for help when you need it, and always lift properly.

**Employee Attendance:**(Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.