



Back Safety

According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. Further, one-fourth of all compensation indemnity claims involve back injuries, costing employers billions of dollars. These figures do not begin to reflect the pain and suffering employees experience as a result of their injuries.

Back injuries are exceedingly painful. They are difficult to heal, and they have an effect upon everything a person does. If you have ever experienced a back injury, you already know this. What you may not know is that after you have experienced one back injury, a person is much more likely to experience another one sometime during your lifetime. It is important to learn techniques and procedures that may help you prevent a reoccurrence.

If, on the other hand, someone is lucky enough to have never injured your back, he can do himself a big favor by learning how to prevent one in the future. By learning proper lifting techniques and the basics of back safety, a person may be able to save himself a lot of pain.... and a lifetime of back problems.

BACK EXERCISES...

Back exercises strengthen the back and help protect from accidental injury.

Pelvic Tilt...

- Lie on your back with knees bent and feet flat on the floor.
- Slowly tighten your stomach and buttocks as you press your lower back onto the floor.
- Hold for 10 seconds and relax.



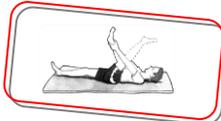
Bent-Knee Sit-Ups

- Lie on your back with knees bent, feet flat and your lower back pressed into the floor (pelvic tilt).
- Cross your arms across your chest (or lace your fingers behind your head).
- Tighten your stomach muscles and slowly raise your shoulders off the floor. Do not curl head forward.
- Hold for 10 seconds, then return to your starting position.
- Repeat five to 10 times.



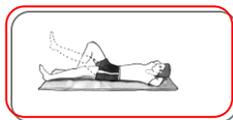
Hamstring Stretch

- Lie on your back with one leg straight in front of you and the other bent.
- Press your lower back into the floor.
- Pull the knee of the bent leg as far into your chest as you can.
- Holding the ankle of the bent leg, slowly try to straighten the leg.
- Hold for 10 seconds and relax.
- Repeat five to 10 times.
- Repeat the sequence with the other leg.



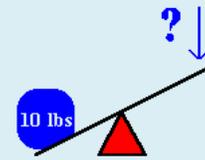
Leg Lift

- Lie on your back with one leg straight in front of you and the other bent.
- Press your lower back into the floor.
- Slowly raise the straight leg as far as you can.
- Hold for 10 seconds and relax.
- Repeat five to 10 times.
- Repeat the sequence with the other leg.

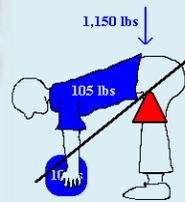


The Forces Involved

The amount of force placed on your back under certain conditions can be surprising. Anytime you bend or lean over to pick something up, you put tremendous pressure on your lower back.



To demonstrate this, think of your back as a lever. With the fulcrum in the center of the lever, how many pounds would it take to lift a ten pound object?



When someone add in the 105 pounds of the average human upper torso, he see that lifting a ten pound object actually puts 1,150 pounds of pressure on the lower back.

Steps to follow when lifting

BEND BEND YOUR KNEES



HUG THE LOAD



AVOID TWISTING

