

A spiral-bound notebook with a light brown, textured cover. The spiral binding is on the left side. The text is centered on the cover.

Back Injury Prevention

Liability

The information contained in this “Back Injury Prevention” presentation represents current practices and procedures. The use of this information should not replace your doctor’s advice, common sense, or good judgment. Freeman Webb Company, Realtors assumes no liability for any action taken by any person using this information.

What physical activities can you do now?



- ↪ Walk
- ↪ Run
- ↪ Exercise at the gym
- ↪ Play sports
- ↪ Lift and carry small children/grandchildren
- ↪ Ride a bicycle
- ↪ Fish

Activities (cont.)

↪ Golf

↪ Garden

↪ Ride a bicycle

↪ Sit in a chair

↪ Drive a car

↪ Other. . .



What activities are limited when you have a back injury?

↳ Depending on the severity, most activities are limited or impossible to perform. The limitations can last a short time or a life time.



Prevention

↪ Did you know that most back injuries can be prevented?

↪ How?

↓ Taking good care of your back by exercising, getting proper nutrition, and following your doctor's advice.

↓ Following the guidelines for safe lifting, moving materials, driving, sitting, standing, walking, and sleeping.

Common Back Injury Causes

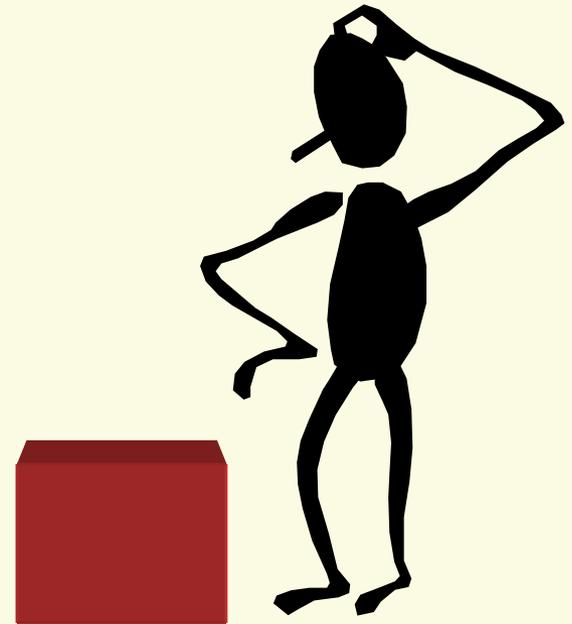
- ↪ Weak back, abdominal, and leg muscles
- ↪ Heavy and/or repetitive lifting
- ↪ Twisting your body rather than your feet while lifting or holding a heavy load
- ↪ Lifting with arms stretched out rather than having arms close to your body before lifting

Common Back Injury Causes (cont.)

- ↪ Lifting and carrying awkward or oddly shaped objects
- ↪ Working in uncomfortable or awkward positions for more than a few minutes
- ↪ Sitting or standing in one position for hours
- ↪ Slipping/tripping or falling
- ↪ Poor posture over long periods of time

Proper Lifting

1. Warm-up your muscles by stretching
2. Plan the lift, ask yourself
 - ↓ Is the load an awkward size or shape? Is it too heavy for one person?
 - ↓ Do I need help?
 - ↓ Do I need a tool to assist me?

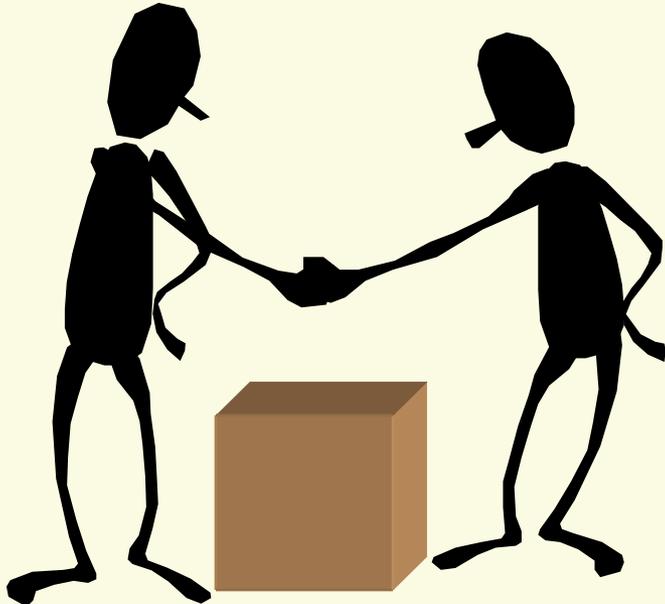


Proper Lifting (cont.)



3. Get someone to help and/or a tool if you need it
4. Bring the load as close to your body as possible
5. Use a wide, balanced stance with one foot slightly ahead of the other
6. Lift the load slowly using your legs

Proper Lifting (cont.)



7. Use smooth movements
8. If two people are lifting the load, synchronize the lifting by counting down (3,2,1 lift). Follow the same lifting technique.

Proper Lifting (cont.)

9. Set the load down using the leg and back muscles; comfortably lower the load by bending at the knees
10. Avoid reaching when setting the load down
11. Always lift a balanced, even load
12. Use mechanical lifting devices for heavy or awkward loads



Proper Lifting Summary

- ↪ Hug the load
- ↪ Avoid reaching
- ↪ Avoid twisting, pivoting;
turn with your feet
- ↪ Bend your knees
- ↪ Use your legs to lift
- ↪ Use smooth movements
- ↪ Acknowledge your
limitations; get help when
you need it!



Moving Materials Manually

↪ Lifting objects out of a car trunk or bin

↓ Get close to the object you're lifting

↓ Bend your knees, if possible

↓ Brace your knees against solid objects when possible

THINK

**DON'T LIFT
AND TWIST**

Moving Materials Manually (cont.)

↳ Lifting objects out of a car trunk or bin (cont)

- ↓ Keep your head & back in a straight line; bend at the hips
- ↓ Use your legs to lift
- ↓ Pivot with your feet; don't lift and twist

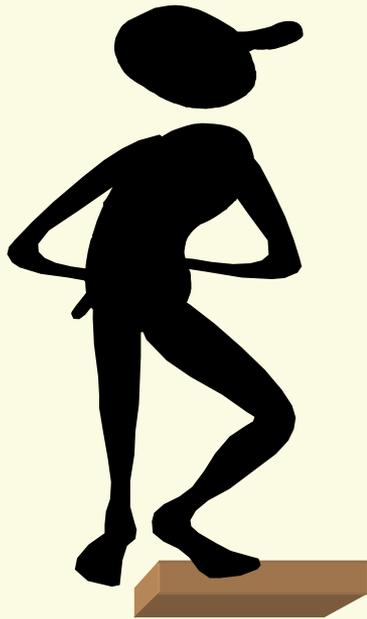
Moving Materials Manually (cont.)



↪ Using dollies, carts, or handtrucks

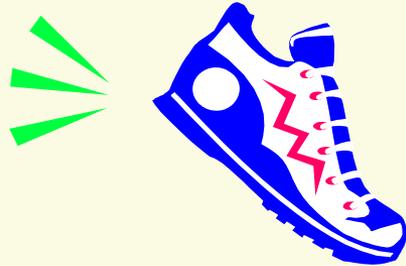
- ↓ Choose the best tool for the object you're moving or lifting
- ↓ Stack heavy objects on the bottom, with light objects on top
- ↓ Secure your load
- ↓ Push rather than pull

Standing



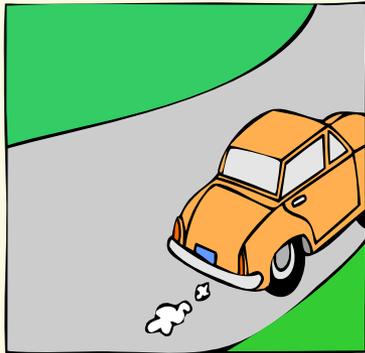
- ↪ Change positions frequently
- ↪ Bend your knees to lean forward
- ↪ Use a rail or stable object to rest one foot higher than the other
- ↪ Take mini-breaks to do alternate tasks; give your back a break

Walking



- ↪ Wear shoes with good support and shock absorption
- ↪ Use good posture
- ↪ Learn good walking techniques for the maximum exercise benefit
- ↪ Dress appropriately for the weather
- ↪ Choose safe areas to walk and/or walk with a partner
- ↪ Walk frequently; your heart will love you.

Driving



- ↪ Adjust your seat to have your arms a comfortable distance from the wheel and your legs & feet in a relaxed position for using the pedals
- ↪ Over reaching your arms or stretching your legs to reach the pedals increases low back curve and strain
- ↪ Support your back with lumbar support
- ↪ Drive with both hands on the wheel

Sitting

- ↪ Use good, comfortable posture
- ↪ Adjust the chair height to have your feet comfortably resting on the ground or a foot rest
- ↪ Adjust the back of the chair to allow you to work or relax with your back firmly supported
- ↪ Move close to your work/task to avoid arching your back
- ↪ Take mini-breaks to do alternate tasks in the standing position or by taking a walk

Sleeping

↪ Sleep on a firm support mattress

↪ Sleep in a good position

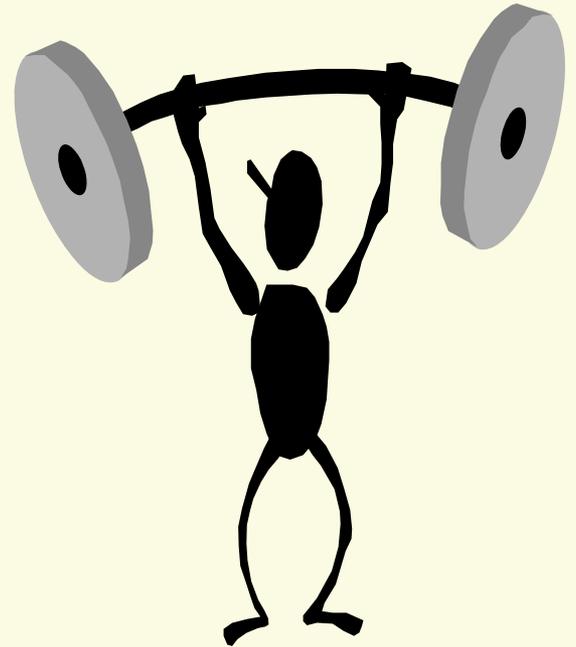
-on your side with knees bent

-on your back with your knees slightly elevated

↪ Get plenty of sleep to be well rested and alert

Exercise

- ↪ Do exercises that strengthen your arms, back, abdominal, and leg muscles
- ↪ Do exercises that stretch your leg and back muscles
- ↪ Do aerobic exercises for your overall health
- ↪ Make exercise a daily routine



Nutrition

- ↪ Eat a balanced diet to maintain a good energy level and general health. Your body also heals much faster from an injury or illness when you are fit and healthy.
- ↪ The Food Pyramid and more nutrition information can be found on the web at:
<http://www.mypyramid.gov/>
- ↪ Consult with your doctor if you have special dietary needs.

Summary

↪ Exercise

↪ Eat right

↪ Get plenty of sleep

↪ Use good posture in all activities

↪ Plan for safe lifting

↪ Stretch/warm up your muscles before lifting or moving materials

Summary (cont.)

- ↪ Get help when you need it
- ↪ Lift with your legs, not with your back
- ↪ Move materials with dollies, carts, handtrucks or other tools when possible
- ↪ Push rather than pull

Thank You!