

# Back Health

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# Class Objective

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Participants will learn how to:

- Maintain a healthy back
- Reduce risks that could lead to a back injury
- Integrate methods learned into daily activities

# Keys to staying healthy

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- Posture and lifting mechanics
- Proper tools and equipment
- Warm up
- Stretch and rest breaks
- Stay healthy:
  - Regular exercise program
  - Healthy diet
  - Getting plenty of rest



# Low Back Pain...

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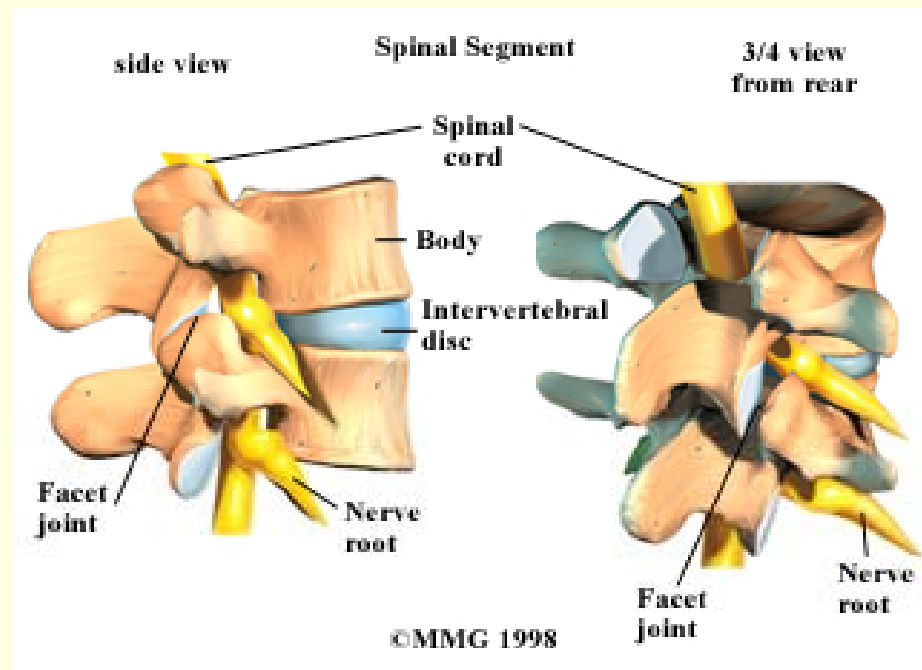


**....is still the number one problem facing the U.S. work force**

- Second most common cause of missed work days
- Leading cause of disability between the ages of 19-45

# Spinal Anatomy

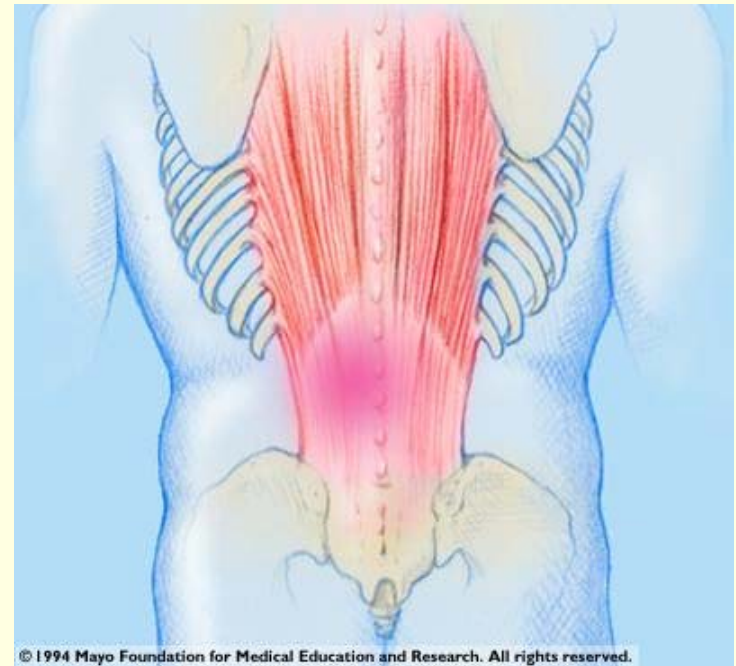
- Curves
- Vertebrae
- Intervertebral disc
- Ligaments
- Facet joints
- Intervertebral foramen



# Injuries to the Low Back

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- Muscle Strain
- Ligament Sprain or Strain
- Disc injuries



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# Posture

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- Sitting
- Standing
- Bending
- Stooping



# High Risk Lifts

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- Weight exceeds maximum lifting capacity
- Below knee or above the chest level
- Size and shape
- Location
- Does not have a good method of gripping
- Contents are unstable
- Confined spaces or awkward postures
- Highly repetitive



# Body Mechanics

- **Keep weight close to body**
- **Squat or Kneel**
  - **Maintain natural curves**
  - **Tighten abdominal muscles**
- **Test the load**
- **Use the leg muscles**
- **Pivot the feet, do not twist**

Wrong way to lift



Right way to lift



# Material Handling

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- Carrying
- Team lifts
- Golfer's lift
- Carts and hand trucks



# Exercise

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- Keeps muscles strong
- Keeps muscles flexible
- Improves circulation to help the tissues heal
- Improves endurance
- Helps you stay healthy



# Questions?

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