

Back Health

PRN Ergonomic Services

660 E. Calaveras Blvd

Milpitas, Ca 95035

Phone: 408-524-8928

Email: ergonomics@prnpt.com

Class Objective

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

- 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...

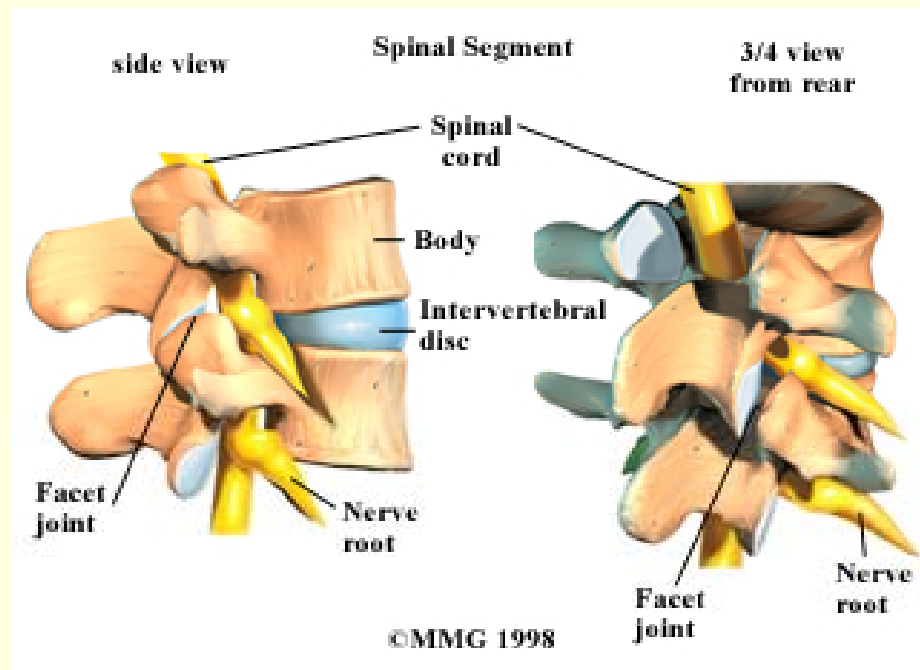


....is still the number one problem facing the U.S. work force

- 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

- Muscle Strain
- Ligament Sprain or Strain
- Disc injuries



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Posture

- Sitting
- Standing
- Bending
- Stooping



High Risk Lifts

- 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

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



Exercise

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



Questions?
