

PREVENTING BACK INJURIES

BACK PAIN AT WORK

Heavy lifting, repetitive movements and sitting at a desk all day can take a toll on your back. Get the facts about back pain at work and how to prevent it. Whether it's dull and achy or sharp and stabbing, back pain can make it hard to concentrate on your job.

Have you ever given much thought to your back? It's there when you need it, but only if you don't abuse it. The back is made up of four major parts: the spine, nerves, muscles, and the spinal cord. There are thirty-three bones in the spine and thirty-one pairs of nerves branching out from the spinal cord. All of them must work together. If they don't, you could end up with anything from a strain to a ruptured disk, fractured vertebrae, and/or a debilitating disease like arthritis.

PREVENTING PAIN & INJURY

To help prevent a back injury you should exercise, practice good posture, eat the right foods, and watch your weight. Check with your doctor for muscle strengthening exercises for the back.

The best way to prevent back injuries is to develop habits that reduce the strain placed on the back. There are some basic things you can do to help.

- Avoid lifting and bending whenever you can
- Use proper lifting procedures
- Reduce the amount of weight lifted
- Use handles and lifting straps
- Get help if the shape is too awkward or the object is too heavy for you to lift or move by yourself

Other things you can do to prevent back injuries include using work-saving devices - hand trucks, forklifts, wheelbarrows, and dollies can assist you. When you have an object to lift that is too heavy or bulky get help! Ask a co-worker for their assistance. Remember, two backs are stronger than one.

LIFTING PROPERLY

Now, what can you do when you have to do some lifting? Check out the object to be lifted. Think about how you are going to grasp the load and make sure there is a clear path of travel so you won't stumble. Before you lift, stand close to the object, bend down at the knees and straddle it, get a good grip, and lift with your legs while keeping your back straight. The secret is to let your legs do the work.

It doesn't have to be a heavy load - even a small, very light object lifted incorrectly can trigger a back injury.



REMEMBER!

Back injuries can be painful, disabling, paralyzing, and sometimes even fatal. Protect your back by following the guidelines above. You're here today - we want you BACK tomorrow.

Safety Starts with You!



Carson City Office
575 S. Saliman Road
Carson City, NV 89701
(800) 859-3177 or (775) 887-2480

Las Vegas Office
195 E. Reno Avenue, Suite C
Las Vegas, NV 89119
(800) 480-1846 or (702) 740-4380

Elko Office
557 W. Silver Street, #206
Elko, NV 89801
(775) 753-7771

www.pgmnv.com | info@pgmnv.com