

Back Safety Training

Part of the Avitus Group 5-in-1 Safety Training Series



AVITUS GROUP®
Simplify, Strengthen and Grow Your Business

Introduction

Section 1: Introduction

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Contact Information

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The materials and accompanying video provide general information on the subject with practical application for use in the workplace. These materials are designed to increase education and awareness to help the learner identify situations when they need to get their supervisor or employer involved. It is the on-site employer's responsibility to make sure the employees are trained in proper safety practices and that those practices are followed. Avitus Group always recommends contacting a certified Safety professional and/or legal counsel that specializes in the Safety laws specific to your state.

Safety laws and regulations change often at the federal, state, and local level, therefore some information may not be current. Because of the constant changes to the law, these materials repeatedly recommend contacting your Safety department or your Avitus Group representative for help.

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Our purpose: Fast, effective, and practical training that improves productivity in the workplace.

Tips: Each section only take a few minutes. If multiple section are to be covered, keep the fast pace going. First watch the video content for the selected section. Stop the video and answer the questions at the end of the section. If watching in a group, each learner should answer the questions in the manual first and then discuss the answers with the group.

SECTION 1

Introduction

Back injuries are among the most common injuries workers suffer, more than 1 million each year.

One-fourth of all compensation claims involve back injuries, costing employers over a billion dollars a year.

The suffering these employees have had to endure is terrible.

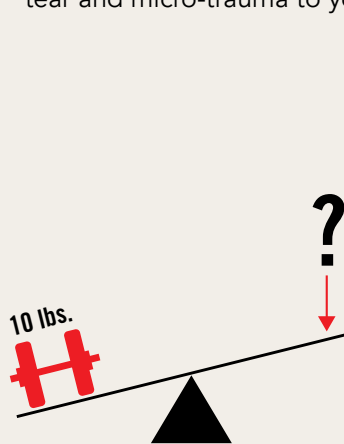
Back injuries can have a negative effect on everything you do.

After suffering your first back injury, you are much more likely to experience another one later on in life.

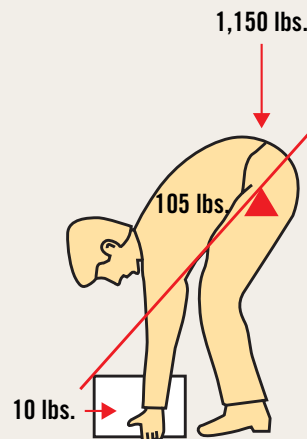
Most back injuries can be prevented.

We are going to go over the proper lifting techniques and how to apply the basics of back safety to the work environment. If these steps are followed and become a habit, you will minimize the chance of enduring a lifetime of back problems.

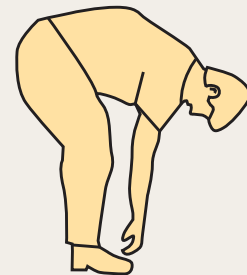
The lower back holds and supports most of the body's weight. When we add more stress to that area of the spine by continually bending, lifting, or using bad posture, the stress increases each time. These actions create friction between the vertebrae in your back, causing wear and tear and micro-trauma to your back.



It takes 10 pounds of pressure to lift a 10 pound object, with the fulcrum in the middle.



Shift the fulcrum to one side and it will take more than 10 pounds of force to lift the object. The human back operates on a 10 to 1 ratio with the waist acting as the fulcrum. The weight of the 10 pound object can become upwards of 100 pounds the further the load is from the body.



There are many contributing factors to back injuries:

- Poor physical condition
- Extra body weight
- Poor posture
- Overdoing-it
- Stress
- Failure to warm-up or stretch

SECTION 1

Questions

QUESTION: Explain in your own words the 10 to 1 ratio of your waist acting as a fulcrum in relation to your back.

QUESTION: What percentage of all work comp claims are back related?

SECTION 2

Cumulative Damage Factors

Back injuries are usually a result of cumulative damage suffered over long periods of time:

Bending at an awkward angle

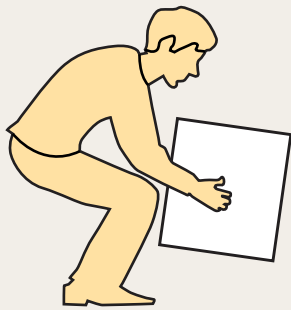
Lifting heavy materials

Repetitive motions

Twisting and turning

Overreaching

The Safe Lifting Zone



Lifting awkward objects

Uncomfortable positions

Sitting or standing for long periods

SECTION 2

Questions

QUESTION: Explain the Safe Lifting Zone.

QUESTION: List at least cumulative damage factors.

SECTION 3

Preventing Back Injuries

Keep the work area clean and free from objects that could cause slips, trips, and falls.

Try to place objects up off the floor within your safe lifting zone. And when placing objects on shelves place heavier objects at safe lifting zone level and lighter objects either below or above that level.

Use mechanical aids whenever possible to avoid lifting and bending like a dolly or a cart. It is better to push a cart or dolly than it is to pull it.

Always lift properly.

1. Take a balanced stance with your feet, placing them shoulder width apart.
2. Squat down to lift the object keeping it as close to your body as you can. Try to keep your heels off the floor.
3. Use your palms, not just your fingers to get a secure grip on the load.
4. Lift gradually without jerking using your leg, abdominal and buttocks muscles while keeping the load close to your body.
5. Keep your chin tucked in to keep a relatively straight back and neck line.
6. Once you are standing, change directions by pointing your feet in the direction you want to go and turn your whole body.
7. Avoid twisting at your waist while carrying the load.
8. When you put down the load, make sure you lower with your legs as well, the reverse of when you picked the object up.

SECTION 3

Questions

QUESTION: List some of the mechanical aids (like dollies and carts) in your workplace and where they are located.

QUESTION: Is it better to push or pull mechanical aids?

SECTION 4

Preventing Back Injuries Conclusion

Have a Plan

Make sure the path you are going to take with your load is clear of debris.

Make sure the item, and you, can fit through the path.

If you are going to move a stack of items, it is better to load them in several boxes rather than one extremely large box.

Use handles or straps and get help if you needed.

Preventing Back Injuries Through Self Awareness

Proper body maintenance is essential to the prevention of injury.

Know your body's limitations.

Recognize situations where your back is most at risk for injury, such as:

Bending

Twisting

Reaching

Lifting

Do a Body Management Techniques Review

When lifting or performing tasks with repetitive motions, take short breaks.

If you are working in an awkward position for a long period of time, change position and stretch the sore muscles. Taking a one minute stretch break periodically can help avoid the pain of stiff or sore muscles.

Slow Down

If you are lifting a heavy object or are engaged in repetitive motions, slow down and give your body some recovery time.

Don't over-do

Take Care of Yourself

Employees who are in good physical shape have a reduced chance for incurring a back injury at work or at home.

Strengthen your stomach muscles

Control your weight

Increase your flexibility

Back Training Summary: Think of yourself as a professional athlete and always takes time to carefully stretch and warm up to prevent injuries.

Live follow up Q & A is available for this training. Just call 1-800-454-2446 or visit our website to learn more. Open your workbook and take the final quiz to receive your certificate.

Thank you and please have a safe day, every day.

QUIZ

Back Safety Training Program

Questions

True/False, 10 points

1. One-fourth of all compensation claims involve back injuries, costing employers over a billion dollars a year.

True False

True/False, 10 points

2. The stress applied to your spine every time you bend, lift, or sit forward creates friction between the vertebrae in your back, causing wear and tear and eventually damage.

True False

Multiple Choice, 10 points

3. The contributing factors to back injuries include poor physical condition, extra body weight, poor posture, overdoing it and _____.

Mental exhaustion Fatigue
 Stress None of the above

True/False, 10 points

4. Stress can cause muscles to tense up but does not make you susceptible to back strains and spasms.

True False

True/False, 10 points

5. Back injuries are usually a result of cumulative damage suffered over a long period of time.

True False

QUIZ

Back Safety Training Program

Questions

Multiple Choice, 10 points

6. The "safe lifting zone" is located in the area between the employee's:

- Mid-thigh and chest Shoulders and knees
 Head and waist Wrists and ankles

Multiple Choice, 10 points

7. When using carts and dollies, it is always better to:

- Pull them Push them
 Drag them None of the above

True/False, 10 points

8. When making a lift, it is important to bend your knees and keep the item close to your body.

- True False

Multiple Choice, 10 points

9. To reduce your chances of experiencing a back injury at work or at home, it is important to:

- Maintain good physical shape Strengthen your stomach muscles
 Control your weight All of the above

Multiple Choice, 10 points

10. If you are going to perform work that may be strenuous or hard on your back, take a moment prior to beginning the work to:

- Eat a good meal Drink plenty of water
 Stretch and warm up None of the above

