

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____
Meeting Leader _____ Title _____
Date Held _____ Place _____ Time _____
Subject of Meeting _____ BACKACHE

Most of us, at one time or another in our lives will experience lower back pain. There are many reasons for this including arthritis, urinary infection, degenerating disks and strains.

Many times the problem is poor posture while sitting or walking. If your job calls for you to sit most of the time, sit more erect. Often times a different chair will correct the situation.

Sometimes the mattress we sleep on is not firm enough or possibly the position we assume when sleeping is the cause of our back problem.

If the pain persists, we should of course consult a physician. But there are some things that we can do at work to reduce the possibility of back strain. Such as:

Prior to starting work that involves twisting, turning, lifting, etc., do what an athlete does. Bend, stretch, and do other exercises so as to better prepare your back, shoulders, arms and legs for the work you are going to ask your body to do.

Avoid excess lifting stress on your back. If the load is too heavy or bulky, get help.

Avoid twisting. Face the load and move your entire body as a unit.

Bend your knees and lift with your stronger leg muscles, keeping your back as vertically straight as possible.

Keep the load as close to your body as possible.

Incidentally, it has nothing to do with your back, but don't wear rings or wristwatches when lifting. They could catch under the load and cause injury to your hand, arm, or both. It would also be a good idea to wear hand protection if cuts or splinters are possible.