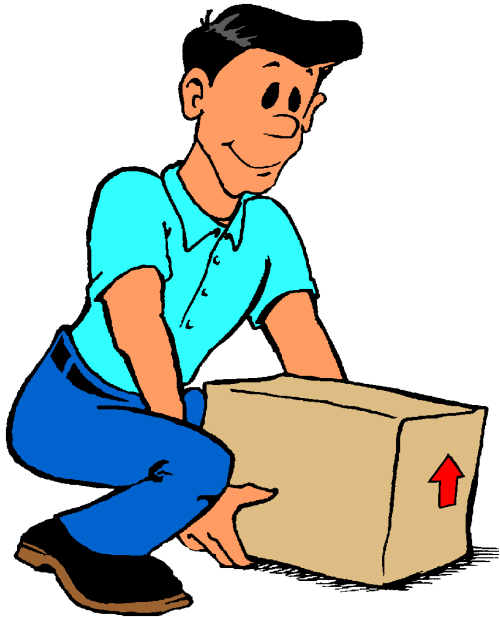


Strain Prevention



Name

Job Title

Phone Number

E-mail Address

What's the problem?

- It is our 2nd leading cause of injury
- Strains represent 18% of all COV claims
- 2001-2002 fiscal year there were 4105 cases
- Total incurred costs of these claims:

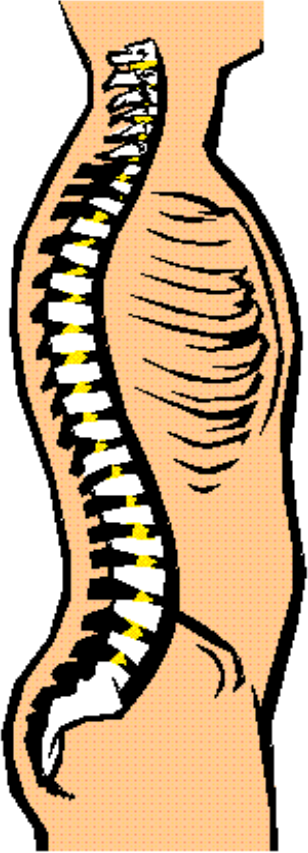
\$ 12,819,798 +



Strain or Injury by Claims Breakdown

• Lifting	1659	(40%)
• Twisting	1147	(28%)
• Pushing/Pulling	793	(19%)
• Holding/Carrying	291	(7%)
• Reaching	137	(3%)
• Jumping	36	(.9%)
• Misc	23	(.6%)
• Using Tool/Machine	14	(.3%)
• Welding/Throwing	5	(.1%)
	<hr/>	
	4105	

Your Back



- Back (spine) = 33 bones
- Cushions known as discs
- Spinal cord controls activity below neck.
- 31 branches of nerves off spinal cord.

Back Injuries

- 1,000,000 + workers suffer from back injuries
- No single causal factor
- Damage over a long period of time
- Certain actions, motions and movements are more likely to cause and contribute to back injuries than others

Common Causes of Strain Injuries

- Heavy lifting
- Twisting
- Reaching and lifting
- Carrying and lifting

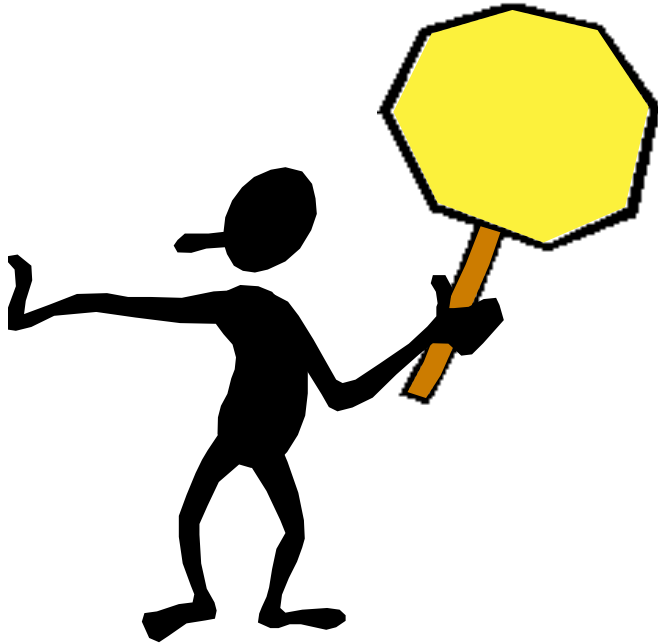


Common Causes of Strain Injuries

- Working in awkward positions
- Sitting or standing too long
- Slips, Trips and Falls
- Bad sleeping positions



Three “Zones” of Lifting



- Safety Zone
- At-Risk Zone
- Danger Zone

Preventing Strain Injuries

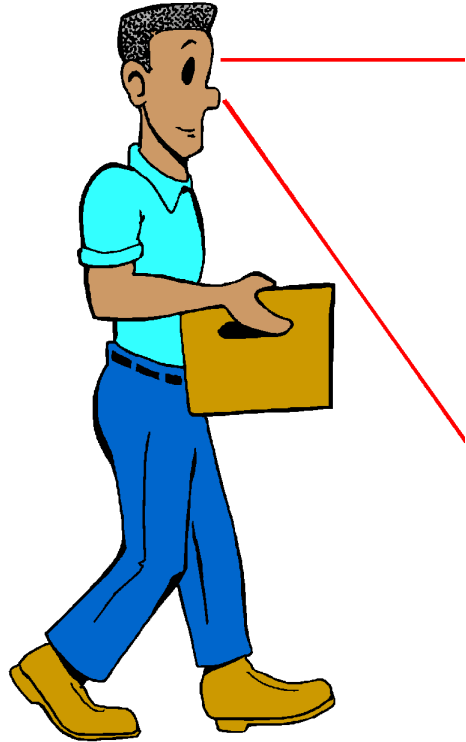


- Place objects up off of the floor
- Raise or lower shelves
- Use carts and dollies
- Other lift-assist devices
- Test the weight of an object

Use the tools you already have



Prepare for the Lift



- Weight
- Carrying
- Path
- Placing

Making the Lift

- Move close to the load
- Feet should be shoulder width apart
- One foot slightly in front of the other
- Use your palms



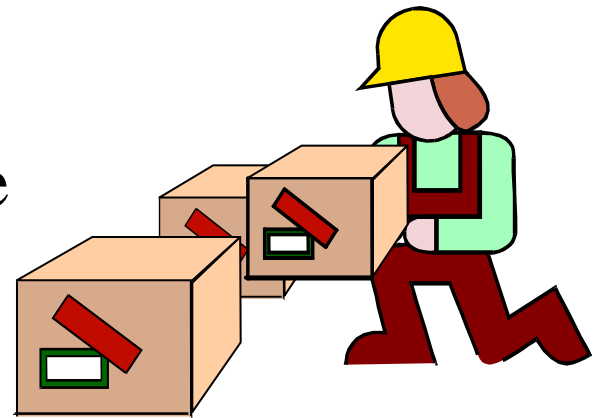
Making the Lift

- Bend at hips and knees
- Lift gradually
- Point feet in the direction you want to go



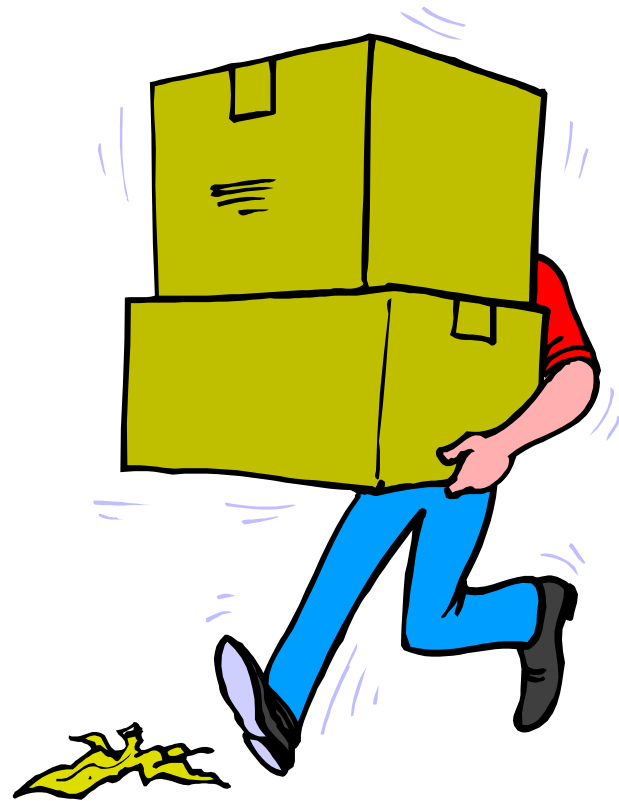
Low Down Lifts

- Drop to one knee
- Lift the load and balance on knee
- Adjust your grip
- Rise to standing with the load as close to you as possible.



Carrying and Lowering

- Waist level
- Hold the load close
- Balanced
- Pinch Points
- Travel direction



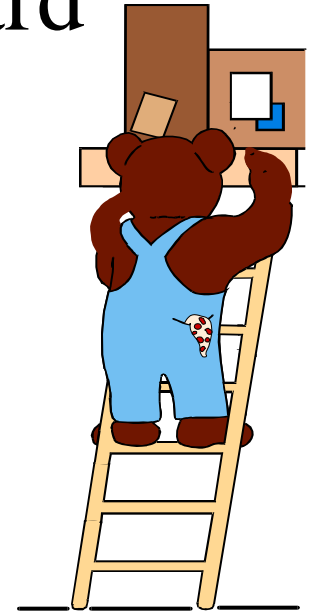
Pushing and Pulling Objects

- Pushing
 - Push with both arms
 - Back = neutral position
- Pulling
 - Pull with both arms
 - Check for clear path



Hard-to-get-at Places & Awkward Positions...

- Close to the load
- Back straight, stomach muscles tight
- Knees bent



Lifting/Lowering from high places

- Use platform or ladder
- Small loads
- Use buddy system if heavy



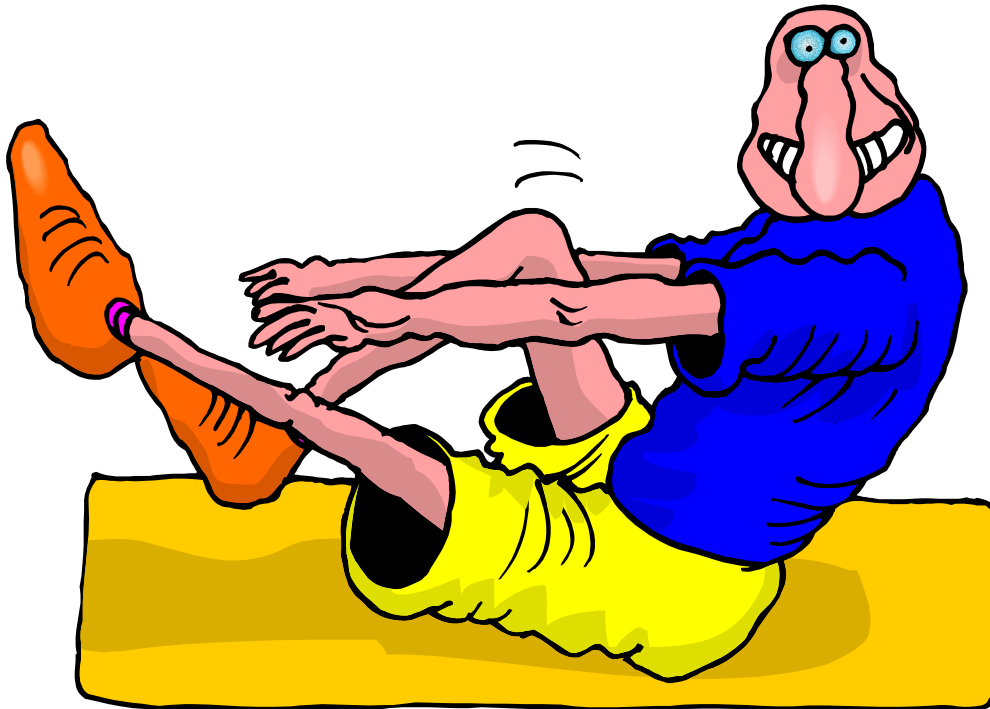
Body Management

- “At risk situations”
- Stretch
- Slow down
- Rest
- Get into shape

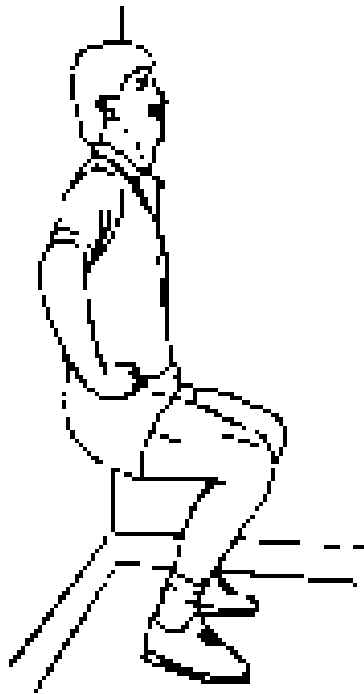


What can YOU do?

!!!EXERCISE!!!



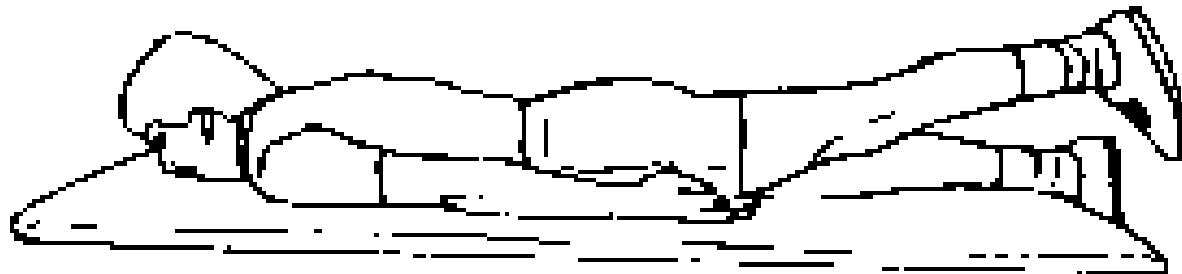
Wall slides to strengthen your muscles . .



- Back against wall
- Feet shoulder-width apart
- Slide down into crouch
- Knees bent to 90 degrees
- Count to 5
- Slide back up wall
- Repeat 5 times

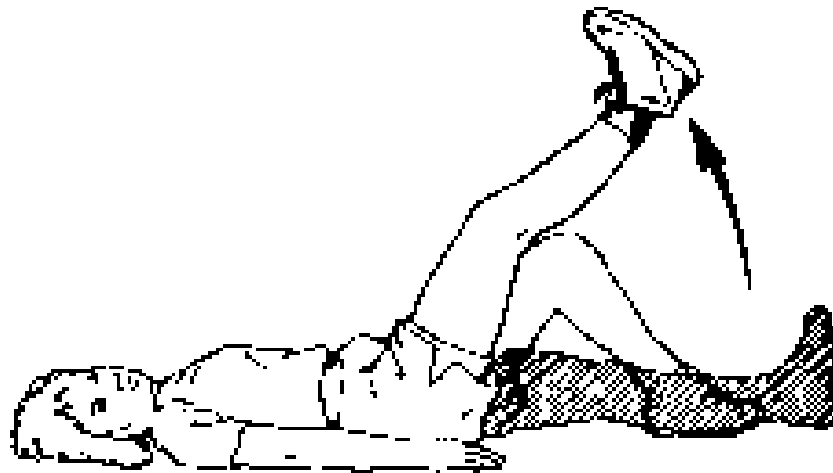
Leg raises to strengthen back and hip muscles . . .

- Lie on stomach
- Tighten muscles in one leg
- Raise leg from floor
- Hold to the count of 10
- Return leg to floor
- Repeat with other leg
- Repeat 5 times (each leg)



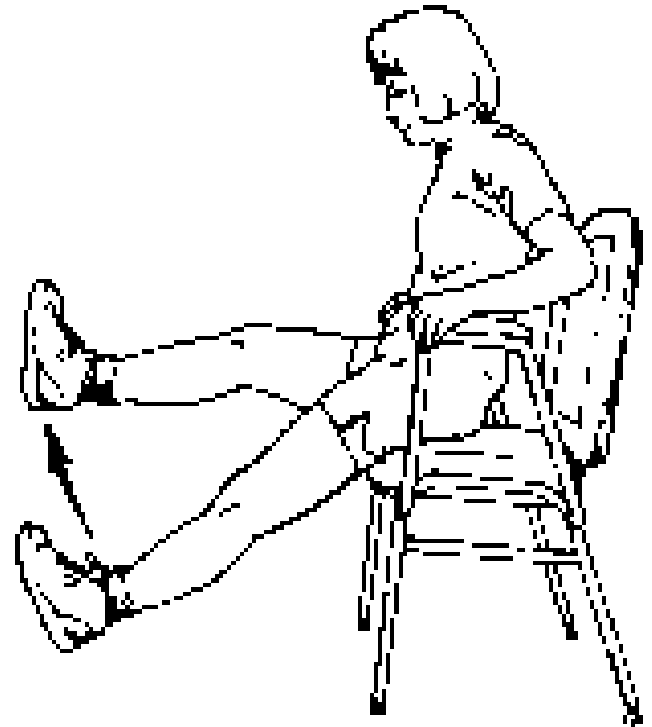
Leg raises to strengthen back and hip muscles . . .

- Lie on back
- Arms at sides
- Lift one leg off floor
- Hold for count of ten
- Repeat with the other leg
- Repeat 5 times with each leg



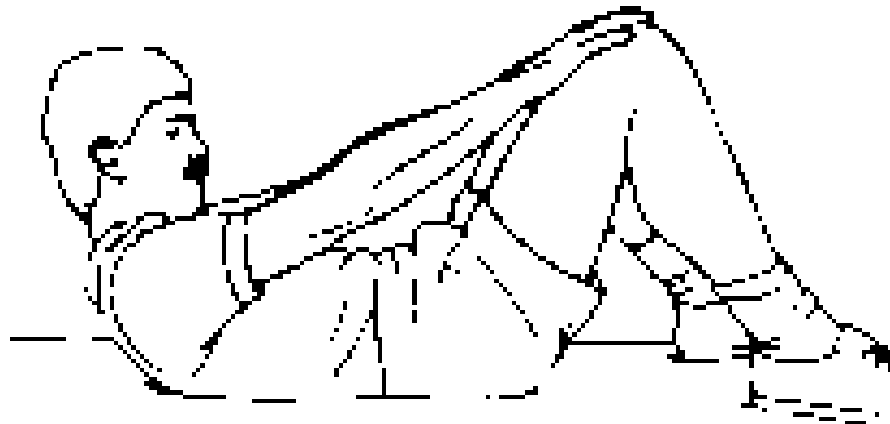
Leg raises while seated . . .

- Sit upright
- Legs straight and extended
- Lift one leg waist high
- Slowly return to floor
- Repeat with other leg
- Repeat 5 times with each leg



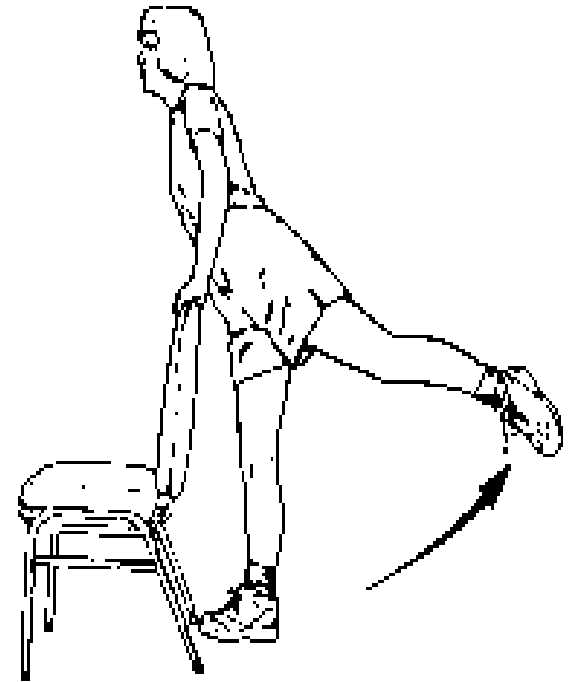
Partial sit-up to strengthen stomach muscles

- Lie on back
- Knees bent
- Feet flat on floor
- Slowly raise head and shoulders
- Hands toward your knees
- Count to 10
- Repeat 5 times



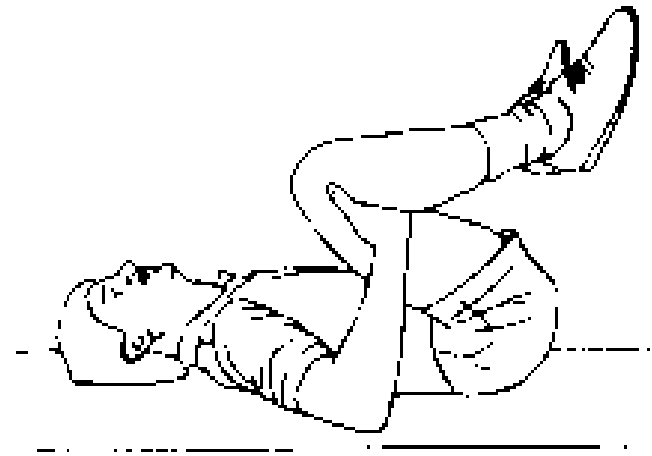
Back leg swing to strengthen hip and back muscles

- Stand behind chair
- Hands on chair
- Lift one leg back and up
- Return slowly
- Raise other leg and return
- Repeat 5 time with each leg



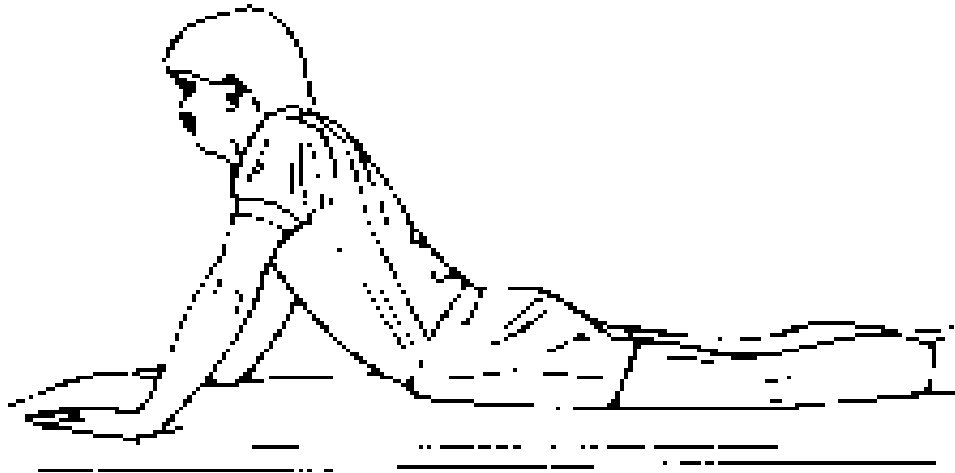
Decrease Strain on Back

- Lie on back
- Knees bent
- Feet flat on floor
- Raise knees toward chest
- Place hands under knees
- pull knees to chest



Decrease Strain on Back

- Lie on stomach
- Hands under shoulders
- Elbows bent
- Push up
- Raise top half of body
- Keep hips and legs on floor
- Hold 2 seconds



Decrease Strain on Back

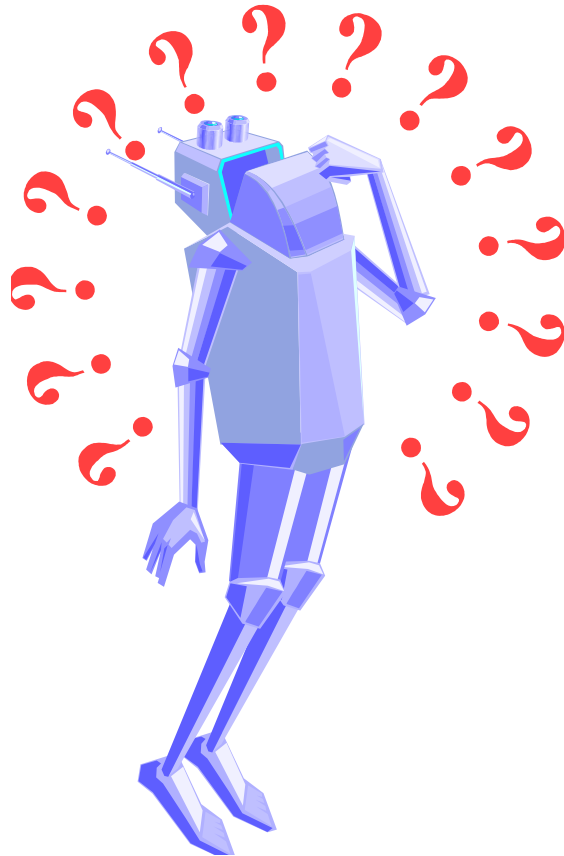


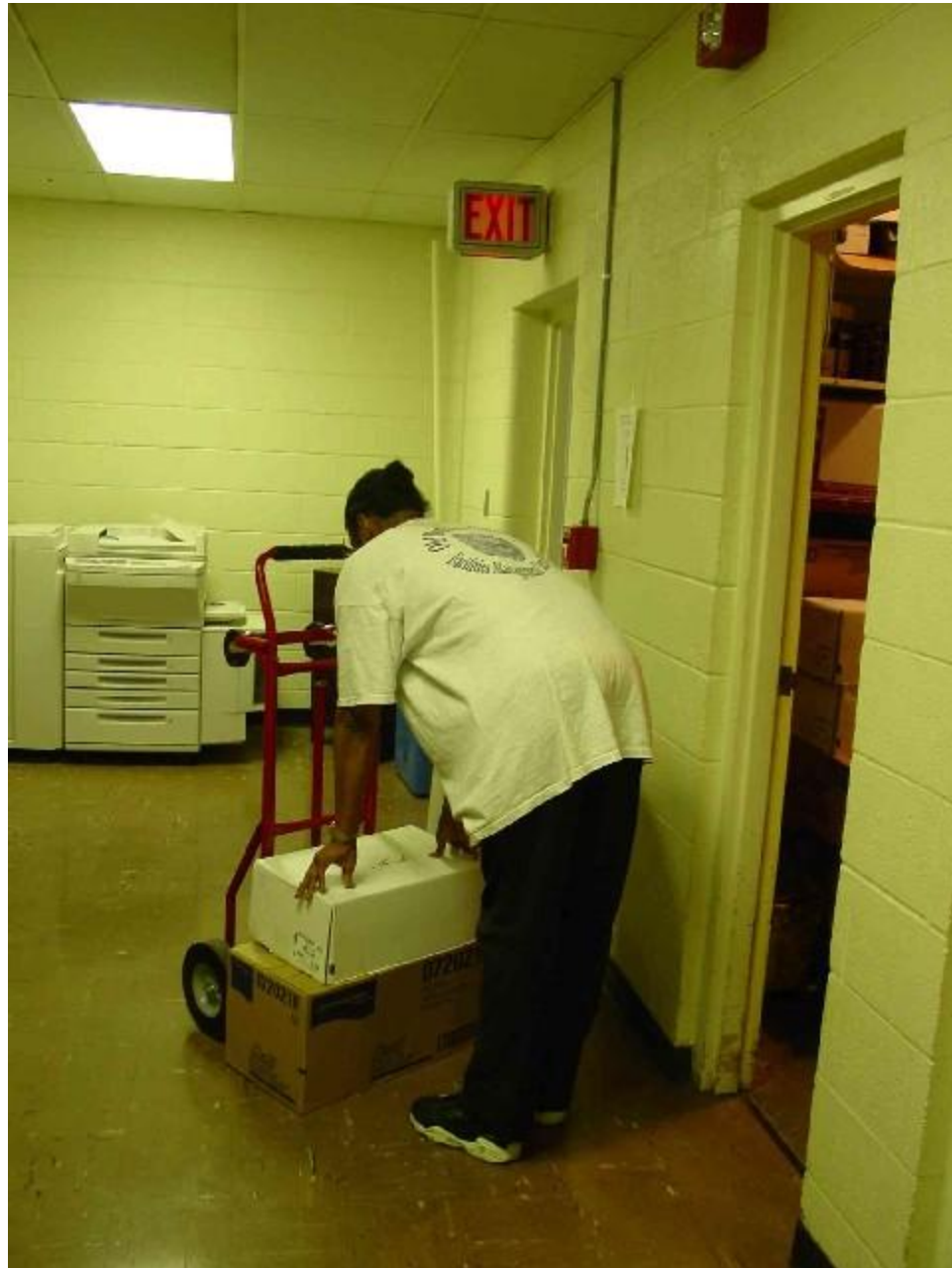
- Stand with feet apart
- Hands in small of back
- Knees straight
- Bend backwards
- Hold for 2 seconds

Let's take a look around (Your Agency Name)

Take a picture of your agency building or logo
and place here.

Can you tell me what is wrong in the following pictures?









12.29.2001 12:41





???Questions???

